

# Clean Eating

APRIL 2015

*Improving your life one meal at a time.*

## One-Skillet Suppers

**EASY, DELICIOUS  
& ZERO CLEANUP!**

**3 MONTHS  
TO SUMMER**

**START NOW  
WITH A SUPER  
SLIMMING  
MEAL PLAN**

**16**

**POWERFUL  
MOOD-BOOSTING  
FOODS**

*it's our*  
**50<sup>th</sup>**  
*issue!*

**CELEBRATE WITH  
50 SPRING RECIPES!**

**VIBRANT  
PLANT-  
BASED  
PLATES**

**MIND-BLOWING  
MEATLESS MEALS**

**ADVENTUROUS  
ASIAN MEALS**  
(JAPANESE PANCAKE,  
ANYONE?)

**THE PERFECT  
CLEAN SNACK**  
**HUMMUS 6 WAYS**

SKILLET-SEARED  
BEEF TENDERLOIN  
WITH BLUE  
CHEESE BUTTER





*fig 1: Soba Noodle Bowl with Chicken*

An exotic blend of ingredients  
just waiting to be explored.

1: Soy-Miso Broth

2: Soba Noodles

3: Spinach



4: Chicken

5: Oversized Spoon

EAT ADVENTUROUSLY WITH OUR  
**NEW BROTH BOWLS**





# Clean Eating

APRIL 2015



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to  
end:  
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all  
the  
way  
through.



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## Clean Eating Fans Have Spoken

### Have you ever done a cleanse?

"I've done numerous juice detoxes following Joe Cross' *Fat, Sick and Nearly Dead* films. The first few days were awful and then my body felt amazing." – *Sophie Jane Claxton*

"I did a 3-day juice cleanse at a local juicery. I felt like hell. By the end of the first day I had a horrible headache and couldn't even finish." – *Keady Cook Nugent*

"Yes! I felt good, had more energy, lost 13 pounds and lost all of my cravings for sugar, sweets and carbs." – *Kathy Mullen*



The 20 Most Powerful Superfoods of the Moment



Golden Beet & Quinoa Salad with Baked Goat Cheese



Peanut Butter Maple Banana Muffins

**4** Clean Eating APRIL 2015

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<sup>1</sup> According to internal industry analyses of product composition and <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518271/#B7>





# Clean Eating

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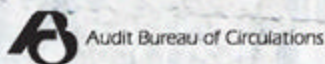
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**PLEASE NOTE:** All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.



# HAPPY 50<sup>th</sup> ISSUE TO YOU!

Welcome to our 50th issue! To celebrate the milestone, we decided to build this issue around frequent reader requests as a big thank you and virtual bear hug for the outpouring of support and love you've shown us since we launched in 2007.

We've had so much fun building a rich resource of health-improving recipes and articles for you, and we're already hard at work planning the next 50 to keep you motivated, on track and abundantly well. One of the most frequent asks we get from you is for more plant-based recipes; so we dreamt up and developed an impressive array of veggie meals (p. 52) that even your most carnivorous family member will devour.

Our Meal Plans have a cult following among readers, but lately you've been asking for a more slimming rendition. In this edition, we've reduced the calories to about 1,400 a day to help you shed a pound a week. Add to that some

moderate exercise and you can lose even more – imagine dropping a dress size by summer! It's completely doable if you start now; flip to page 67.

Beyond that, you want totally unique meals, less cleanup, and fast, easy and more nutrient-dense dishes than can be found anywhere else but that are so full of fresh flavor, you painstakingly count the hours to lunchtime the following day – a good reason to double our recipes! These are not new requests. In fact, they've been our MO since day one. This is why you come to us issue after issue and visit [cleaneating.com](http://cleaneating.com) on a daily basis. We deliver quick, easy and practical recipes that fit into real



life but never skimp on exceptional taste. We're doing it again with one-skillet meals on page 36 that you'll want to add to your weeknight repertoire.

Finally, you told us that you want to find all your favorite *CE* recipes from the issue on your mobile device and desktop *anytime, anywhere*. Wish granted. Who are we to stand in the way of you serving up *Clean Eating* recipes every night of the week even if you forgot your magazine at the office? Each recipe can now be found online for your convenience and continued good health.

**Happy 50th issue to you!**  
**I sincerely hope you enjoy.**

*Alicia*  
Alicia Rewega  
Editor-in-Chief

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*Some  
of Your  
All-Time  
Favorite  
Covers*



## What is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

**Eat five to six times a day** – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

**Choose organic whenever possible.** If your budget limits you, make meat, eggs, dairy and the Dirty Dozen ([ewg.org/foodnews](http://ewg.org/foodnews)) your organic priorities.

**Drink at least two liters of water a day**, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

**Get label savvy.** Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

**Avoid processed and refined foods** such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

**Know thy enemies.** Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

**Consume healthy fats** (essential fatty acids, or EFAs) every day.

**Learn about portion sizes** and work toward eating within them.

**Reduce your carbon footprint.** Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

**Shop with a conscience.** Consume humanely raised, local meats and ocean-friendly seafood. Visit [seachoice.org](http://seachoice.org) for a printable pamphlet.

**Slow down and savor.** Never rush through a meal. Food tastes best when savored. Enjoy every bite.

**Take it to go.** Pack a cooler for work or outings so you always have clean eats on the go.

**Make it a family affair.** Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

**Clean Eating**  
[cleaneating.com](http://cleaneating.com)



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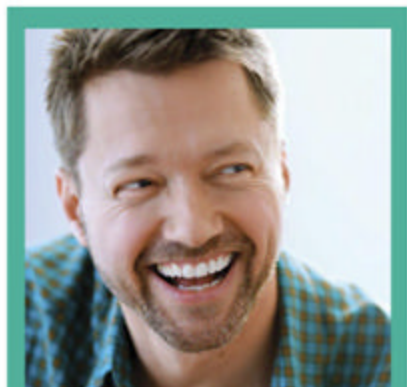
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## brandon barré

PHOTOGRAPHER  
TORONTO, ON

"I have been some sort of artist all my life, but photography has become my main calling," says Brandon Barré, who photographed "Easiest-Ever Skillet Meals" (p. 36) and "Perfect Plant-Based Plates" (p. 52). Barré's work has been featured in many magazines and books, including the James Beard Award-winning book, *Dish Entertains* (William Morrow, 2008).



**kelly brisson**  
PHOTOGRAPHER  
OTTAWA, ON

When she's not behind the lens, "Grocery Bag" (p. 62) photographer Kelly Brisson manages Seed to Sausage, an artisan meat and cheese store in Ottawa, Ontario. "I spend my days researching local food makers, buying delicious edible items for our store, butchering, making sandwiches," she says of her love for incredible food. "It's a dream."



**sarah tuff**  
WRITER/EDITOR  
SHELBURNE, VT

"I decided I wanted to be an author when I wrote my first book (about an Easter egg) in first grade," shares "Breathe Easier" (p. 28) writer Sarah Tuff. And so she did. She has since written for *Women's Health*, *Forbes* and *The New York Times*, among other publications. In her spare time, Tuff is a volunteer firefighter, avid runner and adventure racer.

# Meet Our Experts

**Q: What is the New Nordic Diet? Does it offer any benefits to the clean-eating lifestyle?**

– Lauren Wilcox, LOS ANGELES, CA

**A:** There's a lot to like in the New Nordic Diet (NND), which lays out the basic commandments of healthy eating, with one or two caveats. It focuses exclusively on whole foods and makes the case for buying local, seasonal and organic produce. On the NND, you avoid packaged foods and chemical additives in favor of whole grains, vegetables, legumes, nuts, seeds, fruits such as berries and lots of omega-3s from fish. What's not to like? One quibble I have with the diet is that it limits meat, which, if grass-fed – as the diet recommends – is perfectly fine to consume as part of a healthy, balanced diet. (To their credit, proponents of the diet don't seem to be against meat for health reasons but for environmental ones.) The diet also recommends canola oil, a highly refined oil that I am definitely not a fan of, and it still seems to have an old-fashioned aversion to saturated fat. Nonetheless, the basic premise is a refreshing change from calorie counting and rigid percentages, and I love its emphasis on local, seasonal, organic and non-GMO foods. You can't go wrong eating this way if you want to incorporate elements of it into your clean-eating lifestyle.

– Jonny Bowden

## Nutrition



**jonny bowden** PhD, CNS  
Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss, nutrition and health.



**tiffani bachus and erin macdonald**

Co-owners of the U Rock Girl nutrition and training program ([URockGirl.com](http://URockGirl.com)), registered dietitians and nutrition, fitness and wellness experts.



**tosca reno** BSc, BEd, NTP

Motivational speaker and author of several books, including the *The Eat-Clean Diet*® series and *The Start Here Diet* (Ballantine Books, 2013).



**heather bainbridge**

BSc, MA, EdM, RD, CDN  
Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve conditions including type 2 diabetes and heart disease.

## Culinary



**julie o'hara** BA

*Clean Eating's* Resident Foodie, food and travel writer and recipe developer. Her work has been featured in *Shape*, *Vegetarian Times*, *SELF* and *National Geographic Traveler*, among other magazines.



**jo lusted**

*Clean Eating's* Resident Chef, culinary instructor, freelance writer and author of *Dish Do-Over* (HarperCollins, 2014). Lusted regularly contributes to a variety of television programs and publications, including *Steven and Chris*.



**marianne wren** BA, CC

As both a recipe developer and food stylist, Wren has worked with various print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.



**jill silverman hough**

Writer, recipe developer, culinary instructor, author of the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook* (Running Press, 2012).



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# Your CE Recipe Guide

Take your taste buds on a trip to cloud nine! From a fresh spin on authentic Asian to gorgeous meatless masterpieces, this issue's recipes bring tantalizing new ingredients to the forefront.

Legend | ● Quick (under 45 minutes) | ● Freezable | ● Vegetarian (may contain eggs and dairy) | ● Gluten-Free

**Make it gluten-free** ♦ Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari.  
All of these ingredients are available in gluten-free and regular varieties.

## BEEF, LAMB & PORK



● ●  
Wild Mushroom  
& Lamb Ragout  
Pappardelle  
P. 39



● ●  
Skillet-Seared Beef  
Tenderloin  
WITH BLUE CHEESE BUTTER  
P. 40



● ●  
Pancit Palabok  
P. 45



Rou Jia Mo  
P. 48



●  
Osaka-Style  
Okonomiyaki  
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● ●  
Mediterranean  
Lamb & Eggplant  
Bolognese  
P. 63

## GRAINS & VEGETABLES



● ● ♦  
Steak with Marinated  
Mushroom &  
Asparagus Medley  
P. 72



●  
Cauliflower &  
Quinoa Patties  
WITH MEDITERRANEAN  
SALAD  
P. 57



● ●  
Vegetable Socca  
(Chickpea Pancake)  
WITH CARAMELIZED ONIONS  
P. 58



● ●  
Potato, Celery Root  
& Pear Gratin  
P. 60



● ●  
Vegetable  
Samosa Pie  
WITH CILANTRO ALMOND  
CHUTNEY  
P. 60



● ● ●  
Chickpea & Kale  
Shakshouka  
P. 65



## POULTRY



### Warm Salt-Baked Beet Salad

WITH POPPED WILD RICE & CANDIED GRAPEFRUIT ZEST  
P. 79



### Biscuits & Sausage Gravy

P. 31



### Cuban-Style Rice & Beans

WITH TURKEY  
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### Tarragon Chicken

WITH WHITE WINE CREAM SAUCE  
P. 40



### Creamy Chicken Biryani

P. 40



### Chicken & Shrimp Orzo Paella

P. 41



### Vietnamese-Style Fish Sauce Chicken Drumsticks

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### Creamy Curried Chicken & Apples

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### Southern Slow-Cooker Pulled Chicken

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### Chicken & Mushroom en Croute

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### Grilled Prawns

WITH SMOKED SAFFRON AIOLI, GRILLED ROMAINE & OLIVE & CAPER RELISH  
P. 27



### Chicken & Shrimp Orzo Paella

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## PASTAS, STEWS & SALADS



### California Salmon Patties

WITH SPINACH & CREAMY TOMATO VINAIGRETTE  
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### Fish & Chips

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### Moroccan Red Lentil Stew

WITH PARSNIP FRIES  
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### Cauliflower & Quinoa Patties

WITH MEDITERRANEAN SALAD  
P. 57



### Sushi-Style Black Rice Salad

WITH WASABI VINAIGRETTE  
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### Mediterranean Lamb & Eggplant Bolognese

P. 63

## SNACKS, BROTHS & DIPS



### Roasted Red Pepper Hummus

P. 33



### Buttermilk Orange Muffins

WITH SPICED WALNUT TOPPING  
P. 72



### Tosca's Bone Broth

P. 81



### Tropical Lime Coconut Bars

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## DESSERT



### NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.



# We Hear You!

Tell us what you thought of this issue by emailing us at [CEeditorial@aimmedia.com](mailto:CEeditorial@aimmedia.com). Plus, get bonus recipes and more clean-eating content on social media.



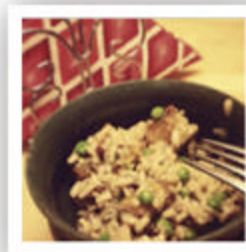
**"My husband and I are trying the two-week meal plan starting today! I love the easy menu and grocery list."** – Selena Ferland

## CLEAN COOKWARE

I can't wait to try some of the recipes in the Jan/Feb 2015 issue. They look delicious, as usual. However, I was a little disappointed when I got to the section about "Cookware to Last a Lifetime" (p. 82). In the nonstick paragraph, you mentioned getting ceramic coated. I was surprised there was no mention of cast iron cookware. While I appreciate that it can be reactive with some foods, it is beastly cookware that can handle almost anything you throw at it. There's not a lot of cookware you can say your great grandma used daily and so do you. Is it not considered "clean" to cook in cast iron?

– Tressa Smith, Basehor, KS

Editor's Note: Thanks for your letter, Tressa! We agree that cast iron is a fantastic material for cookware even though it wasn't included in that particular column. Flip to "Hail the Skillet!" on page 80 for the scoop on our top-rated skillets, including two cast iron options.



## AN OLD FAVORITE

Butternut Squash Risotto... total palate pleaser. Going way back @cleaneatingmag to Sept/Oct 2010 (p. 29).

– @oh\_crumb, via Instagram

## LETTER OF THE MONTH

## MEALTIME INSPIRATION



Dinner and new recipes for food prep!! Love #cleaneatingmagazine. Dinner is a simple salad with cucumber, mushroom, olives and turkey burger.

– @dumbbells\_and\_lipstick, via Instagram

## Craving More Vegan & Vegetarian Options

I've been reading your magazine for a couple of years and have consistently enjoyed not only the recipes but also the articles. I recently became vegan for health reasons and was shocked that the last few issues I purchased had little to no vegan or vegetarian content. Roughly 95% of the recipes in each issue contain meat, fish, eggs and/or cheese. This is on par with any of the major cooking magazines out there, despite the fact that veganism is a highly "clean" way to eat (provided one stays away from overly processed meat substitutes). I recognize that eating meat can also be "clean," but I'm surprised that more vegan or even vegetarian recipes are not featured in each issue.

– Susan Showalter, Philadelphia, PA

Editor's Note: Susan, we heard you!

Flip to page 52 for vibrant veg meals.

@ASH\_FLEA



TAG US IN YOUR INSTAGRAM POSTS WITH HASHTAG #CleanEatingMag

Just finished making Tamale Pie with Ground Beef & Black Beans from @cleaneatingmag (p. 56, Jan/Feb 2015)... going to try all the freezer meals!

– @RedAppleCoach, via Twitter

I recently subscribed to your magazine. I am enjoying making many of the recipes. Tonight's menu – Ribollita: Tuscan Stew from the Nov/Dec 2014 issue (p. 33).

– Denise Kimball Eklund, via Facebook

My husband and I are trying the two-week meal plan starting today! I love the easy menu and grocery list. I was diagnosed with fibromyalgia recently and was told a good diet will help, so here it goes!

– Selena Ferland, via Facebook



# HEALTH-WATCH EXPOSÉ:

## HOW TO BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus, my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Like many people out there, one of my biggest frustrations when I am trying to lose weight is when my progress halts despite the fact that I continue to follow a strict plan. On my last workout, I expressed my frustration to my elite personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time. Tony handed me a meal replacement drink and told me to include it in my regular diet. He simply said, "You will be astounded by the taste and the results you will see!"

With more than a healthy dose of scepticism, I decided to investigate the shake Tony handed me to try called INVIGOR8.

Turns out, he was right about the taste. After one sip I thought there is no way this can be healthy because the creamy chocolate flavor is just too delicious. I was stunned because virtually every other meal replacement shake I've tried has tasted chalky, clumpy and are packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake costs more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Still sceptical, I looked up the reviews

online and reached out to a few people to get their feedback on the product. By the next morning three people got back to me saying, "As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first 100% natural, organic, non-GMO nutritional shake & superfood. The result is a meal replacement shake that contains 100% grass-fed whey that has a superior nutrient profile to the grain-fed whey found in most shakes, metabolism boosting raw organic coconut oil, hormone free colostrum to promote a healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested cognitive enhancers for improved mood and brain function. The company even went a step further by including a balance of pre and probiotics for optimal digestive health, uptake, and regularity and digestive enzymes so your body absorbs the high-caliber nutrition you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice, I understand the importance of filling my body with the best Mother Nature has to offer. I am always reluctant when trying new products because

I am never sure of the impact they will have on my energy and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while staying fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Loyalty Program where you'll qualify to receive a \$10 discount on every bottle of INVIGOR8. And so you don't go a month without INVIGOR8 - helping you lose weight while getting toned, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order INVIGOR8 today at [www.DrinkInvigor8.com](http://www.DrinkInvigor8.com) or by calling 1-800-958-3392.





CHIA SEEDS

APPLES

OATS

KEFIR

EGGS

CARROTS



# MOOD-BOOSTING FOODS

Studies have repeatedly shown that people who consume plenty of fruits and vegetables are happier. And beyond the farmers' market, there are other mood-boosting foods that can work their magic if you're feeling tense or need a shot of energy. Here, our resident dietitians, Erin Macdonald and Tiffani Bachus, share foods that are proven to help rejuvenate mind, body and spirit.

## ***BUST STRESS***

### **CRUNCHY PRODUCE & NUTS:**

Munching on crunchy fruits, veggies and nuts is a great way to reduce stress-hormone levels because they release tension in the jaw without adding too many calories. Your best bets: apples, carrots, jicama, Brazil nuts and hazelnuts.

**COCONUT:** A small pilot study published in *Holistic Nursing Practice* in 2010 showed that inhaling the scent of coconut may blunt your natural fight-or-flight response in times of stress. Other pleasant scents, like vanilla and lavender, have a similar effect.



## BLISS OUT

**SALMON:** If you're feeling blue, try eating salmon or other oily, fatty fish, rich in mood-boosting omega-3s, which increase levels of dopamine and serotonin, brain chemicals linked to mood. Low levels of serotonin are associated with depression, while dopamine is a "reward" chemical that the brain releases in response to pleasurable experiences.

**PROBIOTICS:** Studies show that changing the gut microbiota (the colony of good and bad bacteria living in your gut) to increase the number of probiotic "good" bacteria is linked to behavior change and may even reduce depression. Try incorporating more probiotic-rich foods such as plain yogurt with live active cultures, sauerkraut, kimchi, kefir and miso into your diet.

## GET ENERGIZED

**CHIA:** The word "chia" is Mayan for strength; fitting for these tiny, energizing seeds full of carbs, protein, fiber and omega-3s. Keep energy reserves charged all day by adding chia seeds to morning smoothies along with almond milk, protein powder, oats, a banana and a handful of sweet baby spinach.

**EGGS:** A good source of highly bioavailable protein, eggs are very efficient for building muscle and repairing tissues once absorbed into the body. Just make sure to eat the yolks, which contain powerful health-boosting antioxidants. Try an omelette with 2 eggs and 2 egg whites for more volume along with sautéed veggies such as baby spinach and onion.

## STAY CALM

**DARK CHOCOLATE:** Chocolate contains the chemicals phenylethylamine (the "love compound") and serotonin, both naturally occurring substances in the body that evoke feelings of euphoria and love. It also contains antioxidant flavanols, which can reduce levels of stress-causing cortisol in the blood.

**OATMEAL:** This carbohydrate- and fiber-rich food contains high levels of the amino acid tryptophan, which crosses the blood-brain barrier to convert to serotonin. As the fiber in oatmeal takes longer to digest, serotonin is released into the bloodstream more slowly as a result, allowing you to feel calmer and more relaxed for longer.

KIMCHI

SALMON

COCONUT

HAZELNUTS AND  
BRAZIL NUTS

DARK  
CHOCOLATE



# Flavor Town

Take your taste buds on a trip.

BY LAURA SCHOBBER

## 1. SMOOTH & PEPPERY

Gaea Kalamata Extra-Virgin Olive Oil is the real deal – sourced from Kalamata in Greece, this oil is a treat for the palate, offering a well-balanced green olive flavor and pleasant almond-pepper aftertaste. This cold-pressed antioxidant-rich oil is perfect for low-heat cooking, drizzling over vegetables or for salad dressings and vinaigrettes. **\$15, [gaea.gr](http://gaea.gr)**

"This is an incredible-tasting, truly gourmet oil, especially good for dipping fresh-baked crusty bread or for drizzling over Caprese salad."

– ALICIA REWEGA, EDITOR-IN-CHIEF



## 2. A FRUITY BLEND

Veggie-Go's TropiKale Fruit and Veggie Strips bring together the vibrant, tropical flavors of organic kiwi, mango, guava, kale, apple and pumpkin. Just one provides you with half your daily servings of both fruits and vegetables while satisfying your snack cravings. **\$28 per 20-pack, [nakededgesnacks.com](http://nakededgesnacks.com)**

"I keep these stashed in my desk for when a snack craving hits. Not only are these delicious but just one strip packs in plenty of vitamins A and C."

– LAURA SCHOBBER, ASSOCIATE EDITOR & RESEARCH CHIEF

## 3. THE PERFECT BALANCE

Sweetened with raw honey and spiced with habanero pepper, Yee-Haw Pickle Company's Sweet & Spicy Stackers are just the ingredient you need for mouthwatering sandwiches and hamburgers, or for simply eating out of hand. Hand-cut and made using traditional techniques, you can really tell the difference between these fresh-tasting premium pickles and their additive- and preservative-laced competitors. **\$7 to \$8, [yeehawpickles.com](http://yeehawpickles.com) for where to buy**

"Whether I'm craving something sweet or spicy, these pickles have the perfect balance of heat and sweetness. I may or may not have polished off a jar in one sitting!"

– ANDREA GOURGY, FOOD EDITOR



## 4. GOLD STANDARD

For late nights at the office when a healthy snack is needed pronto, we turn to SAKARA Superfood Popcorn, which comes in gorgeous gold packaging and two flavors that satisfy both sweet and salty cravings with all-organic ingredients. The "Salt" variety contains white corn, Himalayan salt and coconut oil while its "Sweet" counterpart is made with white corn, coconut sugar and coconut oil. **\$12 each, [sakaralife.com](http://sakaralife.com)**

"These are gone in minutes when my friends are over – they're packed with nutrients, but you'd never guess it because they are so sinfully delicious!"

– STACY JARVIS, SENIOR ART DIRECTOR

# The Lowdown on BPA and BPS



You already know it's smart to avoid bisphenol A (BPA) in plastics and canned goods, but new research shows that an alternative called bisphenol S (BPS) may be no better than BPA. A recent study published in the *Proceedings of the National Academy of Sciences* found that BPS causes changes in embryonic brain development and that the chemical is as "equally toxic" as BPA. Even low dosages of both BPA and BPS were linked to brain hyperactivity. Past studies have found potential links between BPA and harmful effects on the brain and behavior of infants and children as well as cancer, infertility and heart disease, so the latest findings suggest BPS may cause similar health effects. The study was conducted in zebra fish, which show similar developmental processes to humans and share 80% of their genetic makeup with humans. While further study is needed, researchers suggest that pregnant women limit their exposure and recommend that manufacturers remove BPS from their products. Store your foods and drinks in glass containers or jars and opt for cans containing bisphenol-free linings such as oleoresin or polyester.



## ASK OUR dietitians



Got a food question? We have the answers.

### Q How can I clean up dessert recipes?

**A** While dessert is a favorite part of the meal for many people, it doesn't usually fall under the category of "clean eating." You have to be careful when tinkering with dessert recipes because achieving a great result is a bit of a chemistry experiment – too much or too little of an ingredient can throw the whole recipe off. The two biggest components in most desserts are sugar and fat. Sugar is important for sweetness and fat is needed for browning and moisture, so it's difficult to eliminate them. Depending on the type of recipe, you can replace sugar with a clean sweetener such as organic evaporated cane juice or raw honey, and usually the amount can be reduced by one-fourth to one-third. Fats such as shortening or heavy cream can be substituted for virgin coconut oil, Greek yogurt or a clean vegetable oil such as safflower or olive, depending on the recipe. You can also replace some of the fat with a fruit purée, yogurt or puréed beans. Also, try adding ground flax or chia seeds, as these add a lot of moisture, fiber and protein.

### Q Is it true that drinking hot lemon water first thing in the morning will "detox" your body?

**A** It's always a good practice to rehydrate with water first thing in the morning. Our bodies are in a dehydrated state after losing fluid via respiration, urination and sweating over the course of the night. Adding organic lemon to warm water enhances the water's nutrients by adding trace minerals, vitamins and antioxidants. Currently, there's not a lot of science-based research proving that warm water and lemon have a profound impact on detoxing the body. Your body naturally cleanses itself through various organs such as the kidneys, colon and liver. Try taking milk thistle to boost liver metabolism in addition to drinking at least 8 cups of water a day, eating clean, consuming enough fiber and exercising regularly to keep the pathways of elimination open and moving.

Registered dietitians **Tiffani Bachus** and **Erin Macdonald** are the co-founders and creators of **URockGirl.com**, a website dedicated to promoting wellness and a healthy, balanced lifestyle.

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\*No significant difference has been shown in cows treated with the artificial growth hormone rBST and non-rBST treated cows.



## Sleep Early, Be Happy!

To reduce stress (and overcome bouts of worry), hit the hay early. Or so says recent research conducted at Binghamton University in Binghamton, New York. During the study, researchers asked 100 college students to complete a series of questionnaires and tasks so that they could be measured on how much they worry or obsess about stressful issues in their lives. They were also asked whether they kept regular sleep hours or tended to stay up late. Those students who slept for shorter periods of time or went to bed later often had more repetitive negative thoughts than those who got a good night's sleep (researchers say 8 hours is ideal for most). And, while scientists haven't discovered a cause for this correlation, they believe that aligning one's wake/sleep cycle and daily activity schedule with the body's natural circadian rhythms may make it easier to dismiss negative thoughts throughout the day.

chew  
on this  
**#27**

**Having  
trouble opening  
that jar lid?**

.....  
Save your wrists (and your sanity) by placing a thick rubber band around the lid for better grip... or, hit the gym more often.



# FALL BACK IN LOVE WITH SOYMILK

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## THEY SHOULD HAVE CALLED THEM SMARTBELLS

Whoever gave dumbbells their name clearly didn't know what they were capable of – like improving memory. Or so says a recent study conducted by researchers at the Georgia Institute of Technology. The experts there found that an intense workout of as little as 20 minutes can enhance your long-term memory. During the study, researchers asked participants to look at a series of photos just before exercising. Two days later, those who exercised remembered 60% of the photos from the first session. While researchers focused solely on the effects of weight lifting on memory, they believe that resistance activities such as squats and knee bends would likely achieve the same memory boost. Scientists in Australia discovered more supporting evidence when they found that exercising for just 30 minutes helped boost memory and brain plasticity. Lead researcher Michael Ridding, PhD, said that the more plastic the brain becomes, the more it's able to reorganize itself by altering the number and strength of connections between nerve cells and different brain areas. The Australian researchers say their study may open up therapeutic avenues for people recovering from brain damage, although more research on the long-term benefits in healthy people is needed.

Use your leftover coffee grounds to give your garden soil a pick-me-up – they're rich in nutrients such as nitrogen, magnesium and potassium, which are all beneficial to soil health. For best results, pair your grounds with acid-loving plants and shrubs such as roses, tomatoes, blueberries, corn and rhododendrons.

## ARE YOU TAKING VITAMIN D?

While vitamin D has been shown to fight colds and improve bone health, new findings from the Dana-Farber Cancer Institute report that high levels of vitamin D in the body can also aid the immune system in fighting colorectal cancer. Researchers found that the higher the level of vitamin D in the blood, the less likely people were to develop colorectal tumors. Vitamin D was found to trigger T-cells (white blood cells that play a big role in immunity) to recognize and attack cancer cells. Vitamin D, which is obtained through exposure to sunlight and from foods such as salmon, trout, egg yolks and fortified milks and cereals, is often hard to get enough of naturally, so ask your health-care provider if you need a supplement (see how much you should be getting in "Breathe Easier" on page 28). When it comes to disease prevention, D is key!

chew on this  
**#27**



# CHEWY CHICKEN JERKY



## GINGER NORI CHICKEN JERKY

### INGREDIENTS:

- › 2 nori sheets
- › 1 tbsp ground ginger
- › 2 to 3 boneless, skinless chicken breasts, trimmed of any fat and sliced into strips

A droolworthy treat that will have your canine jumping for joy!

RECIPE AND IMAGE BY [DOGGYDESSERTCHEF.COM](http://DOGGYDESSERTCHEF.COM)

### INSTRUCTIONS:

**one:** Using a food processor or blender, process nori sheets to a powder.

**two:** In a large bowl, prepare marinade: Combine 2 cups water, powdered nori and ginger.

**three:** Add chicken to bowl with marinade; let marinate for at least 1 hour in the refrigerator.

**four:** Preheat oven to 180°F. On a large baking sheet, place chicken about ½ inch apart and brush with marinade.

**five:** Dry in oven\*, with the door propped open a crack with small, dry rolled-up towel or wooden spoon to open let out moisture, for 3 to 4 hours, until meat dries. Cool and store in an airtight container.

*\*A food dehydrator can also be used to dry the meat. Just follow the manufacturer's instructions.*

**NOTE:** When introducing new foods to your pets, CE recommends first giving them a small amount and keeping an eye out for possible allergic reactions. As always, while you are trying to make a healthier choice for your pet, you may wish to consult with your veterinarian first. They can also inform you of specific breed requirements for a healthy diet.



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Wild Alaskan salmon is one of Earth's last, truly natural foods, filled with deeply nourishing omega-3 fatty acids, protein and Vitamin D. For heart, brain, and overall health, it is best to eat wild. And the best of the wild is from Vital Choice.


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# Jaboticaba

BY KAREN MORSE



Prized for its sweet, juicy taste and health-protective properties, the grapelike jaboticaba fruit hails from Brazil but is primarily cultivated in South Florida, parts of California and the Hawaiian Islands. They are chock-full of antioxidant compounds called anthocyanins, which not only give the ripe fruit its deep purple color but also help fight disease-causing free radicals. A number of studies have shown that jaboticaba may help enhance memory, protect against heart attacks and reduce cancer cell growth.

**MARKET NAMES:** jaboticaba, guapuru, ybapuru

**STORE IT:** Can be stored at room temperature for about 3 days before fermentation begins to occur; refrigeration can extend shelf life up to 12 days.

**EAT IT:** Sweet with a hint of acidity, this fruit is usually eaten fresh out-of-hand but is also used in making jams, jellies, sauces, ice cream and even wine.

**PREP IT:** Simply wash beforehand and eat like a grape. To use in jellies or sauces, bring to a boil in a pot of water while stirring and mashing fruit to extract pulp and juice. Strain using cheesecloth to leave skins and seeds behind.

**HEALTH BENEFITS:** Rich in antioxidants and anti-inflammatory compounds, as well as vitamin C, potassium, phosphorus and essential amino acids tryptophan and lysine. Eat the skin to obtain maximum nutritional benefits.

**IN SEASON:** March to May.

## Avocados For Your Heart

Eating an avocado  
a day may help  
prevent heart  
disease and lower  
levels of “bad” LDL  
cholesterol.

In a recent study from the American Heart Association, 45 overweight and obese individuals between the ages of 21 and 70 were put on a moderate-fat diet and instructed to eat one avocado a day. Those on the moderate-fat diet who ate avocados saw significantly lower levels of bad “LDL” cholesterol than participants who didn’t consume avocado on a similar or low-fat diet. Two weeks prior to the start of the study, all three groups had consumed an average American diet (34% of calories from fat, 51% carbohydrates and 16% protein) before being assigned to one of three cholesterol-lowering diets. Researchers concluded that the unsaturated fats in avocados were a contributing factor to the lower levels of cholesterol, although they speculated that other bioactive components such as fiber and phytosterols may have contributed to the findings as well. To keep your ticker healthy, aim for one avocado a day in salads or sandwiches, or as a snack on its own.

# Fresh Fig and Avocado Smoothie + Udo's Oil

Serves 4 (makes 4 cups)

1 ripe avocado, chopped with seed removed  
6-8 fresh figs, washed and quartered  
1 lemon, peel and seeds removed  
4 tbsp. Udo's Oil  
2 ½ cups water  
handful of raw almonds  
pinch of sea salt  
pinch of cayenne (optional)

1. Place all ingredients into blender and blend well;
2. Pour into individual glasses and serve.

## ALL OF THE GOOD FATS YOU NEED, WITHOUT ANY OF THE BAD FATS YOU SHOULD AVOID.

Udo's Oil 3-6-9 Blend is a combination of plant-sourced oils designed to supply the ideal 2:1 ratio of omega-3 & -6. It blends certified organic flax, sunflower, sesame, coconut, and evening primrose oils to not only achieve the ideal balance of EFAs, but a richer, more delicately balanced flavor that make it an ideal ingredient in everyday meals and an ideal way to support good health.\* Make sure you get your Udo's Oil. Once a day. Every day.



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# *Make Your Own* **MULTIPURPOSE CLEANER**

Cleaning should be simple, hassle free and safe! If you've got a few minutes on your hands and fancy a homemade cleaner, you can avoid toxic ingredients and save money, too, by making your own multipurpose spritz.

BY LAUREN TOYOTA

## **LEMON-SCENTED MULTIPURPOSE CLEANER**

Use this cleaner throughout your kitchen and bathroom on everything from floors and countertops to mirrors and appliances.

### **INGREDIENTS:**

**1 cup white vinegar**

**¼ cup witch hazel**

**20 drops essential lemon oil**

### **INSTRUCTIONS:**

Pour 1 cup water and all ingredients into a spray bottle.

(**TIP:** Using a funnel will make this easier, but it's not necessary.) Shake before use.

(**NOTE:** Do not use on granite or marble countertops – these surfaces are porous and can be damaged easily with acidic ingredients such as vinegar.)

## ***Super Green, Super Clean***

3 revolutionary household items to refresh your cleaning routine. BY LAURA SCHOBER

### **SUPER ROLL**

Just one If You Care Reusable Paper Towel can absorb up to 16 times its weight in water, and it's reusable for up to 1 week. Made with 100% natural materials, these compostable towels can be used with water, soap or disinfectant to work their cleaning magic. **\$9, [ifyoucare.com](http://ifyoucare.com)**



### **GET RID OF GRIME**

Better Life Dish It Out Natural Dish Liquid is a pH-balanced, sulfate-free dish liquid that does all the dirty work to get your dishes clean and grease-free. It's also gentle on hands and rinses off dishes easily, leaving no harmful residue.

**\$8, [cleanhappens.com](http://cleanhappens.com)**



### **CLEAN COMET**

Made with ash and oxygen bleach (and containing at least 98% naturally derived ingredients), Mrs. Meyer's Clean Day Lavender Surface Scrub cleans thoroughly to eliminate gunk without leaving scratches on cookware, stainless steel, tile or porcelain. **\$5, [mrsmeyers.com](http://mrsmeyers.com)**





#### TIPS & TRICKS

Vinegar, witch hazel and essential oils such as lemon, orange, lavender and peppermint are all natural disinfectants that can tackle nearly any household mess.



**Lauren Toyota** is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, [hotforfoodblog.com](http://hotforfoodblog.com). Aside from what's on your plate, Toyota believes that what you put on your body is just as important. On their blog, you'll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life. 🐾

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Find our recipe for Orange Cake with Chocolate Glaze at [floridacrystals.com](http://floridacrystals.com).





# AMERICA'S YOUNGEST *MasterChef*

BY ALICIA REWEGA

**At 12 years young, Logan Guleff is *MasterChef Junior's* youngest winner yet.** With a line of spice blends called Logan's Rubs and a food blog already under his belt, this miniature home cook has lofty dreams of an underwater restaurant and taking a culinary trip to Japan with a portion of his \$100,000 prize (the rest is for college). We were glued to our TVs as this tiny hero cooked his way past the stiff competition on season 2 of FOX's *MasterChef Junior*. Inspired by his humility and delightful, wise-beyond-his-years persona, we weren't a bit surprised when this culinary whiz kid – with a decidedly distinctive cooking style – was crowned *MasterChef Junior* champion.



Logan with *MasterChef Junior* judges Graham Elliot, Gordon Ramsay and Joe Bastianich.

"It was a lot of fun to be cooking there, and if you did mess up, you could just get better as the show progressed. **It was a very wonderful opportunity and I enjoyed every moment of it.**"

**You were just 11 when you filmed *MasterChef Junior*. Do you feel that you could have done the show at a younger age, like maybe 8?** I think I could have done the show at any age, really. I just couldn't wait to get into the *MasterChef* kitchen. I watched the first season and I thought, *Oh, I could do that!* So I went to the open casting call and I proved that I could do it!

**What was the audition like?** I really can't tell you much about the auditioning process because they want to make sure that you're on the spot and don't practice. I think there were about 20,000 people who auditioned. We auditioned in Dallas, so my dad drove the extremely long car ride – seven hours in the car. My dad loves reality TV, so he was willing to do that drive all the way to Dallas and back.

**Who was your best friend on the show?**

I think Abby was the closest friend that I had in the entire competition, and it was a really great time to work with her and just play around.

**Who was the most intimidating judge and who is your favorite?**

That's really tough... I watch all of Gordon's shows and they're all great, and Graham wears a bow tie just like me, so he's gotta be pretty close up there. Joe is pretty cool too, but he's

probably the most intimidating; he has such a refined palate that it really scares you.

**Were bow ties always your thing even before the show?**

I wore a bow tie before at my godmother's wedding, so they were there before I went to *MasterChef Junior*. She made all the ones I have except one or two. I have every single bow tie that I wore on the show. I still wear them; they're on a clothes hanger somewhere in the house.

**What was your biggest cooking mishap on the show?**

I don't think I had any big cooking mishaps. I just thought it was a lot of fun to be cooking there, and if you did mess up, you could just get better as the show progressed. It was a very wonderful opportunity and I enjoyed every moment of it.

**Who did all the cooking in your home before you took over?** My mom cooked all the food and I still haven't fully taken over the kitchen yet. There are still a bunch of tools that are mom's that I don't ever touch. **Mom in the background:** Like what? **Logan:** Like that little "I heart you" grill – I never touch that! **Mom:** That's only because I keep that grill in the cupboard and you can't reach it. Sorry, mom moment! And do not believe him – he has totally taken over the kitchen! **Logan:** I've only taken over like one or two drawers...

**How has your life changed since winning *MasterChef Junior*?**

All the social media stuff goes really crazy. My phone buzzes a lot. Sometimes it's annoying and sometimes it's really cool. I get recognized a lot, like

one time I went to the grocery store and I came back and I went on my little Instagram page and there was, "Oh, I saw Logan at the grocery store, but I didn't want to walk up and talk to him"... I'm just like... [laughs]

**What are you planning to do with your prize money? Are you still thinking about that underwater restaurant?** Well, I might go on a trip to like Japan or somewhere over there. I'm not too sure yet. Most of it will probably go to college and stuff like that.

**What advice would you give to kids on future seasons of *MasterChef Junior*?** You should cook with your heart, put your stuff on the plate and really show the judges who you are.

**Do you consider yourself a clean eater?** Yeah, my mom feeds me a lot of fruits and vegetables, and I don't eat much rice or bread or carbs. And no candy and no desserts. I keep all of my Halloween candy and I put it into a bag and usually I forget about it. It's still upstairs. My mom sent it overseas once, gave it away. But I like fish, lean meat, lots of veggies and lots of fruit. And I eat my fair share of yogurt. *Mom in background: He does not eat French fries, he does not eat chicken nuggets... the only junk food he eats is pizza.* *Logan: Yeah, I can't live without that little bit of pizza... just can't live without it.*

**Is it important to encourage people your age to eat healthier?** I definitely think we should continue to try and eat healthier and healthier. One of the things that really helps is that we're kind of in a perpetual summer here and there is always fruits and veggies, so it isn't like, "Oh, we're in winter time, so we're going to eat jam!" You can still get a lot of farmed stuff and you can get it straight to the table.

**Do you have any questions for me?** OK, I have a question: If you had to replace salt and pepper with something, what would you put on the table?

**Maybe a bunch of fresh herbs?** I think that's pretty good.



**LOGAN'S  
MASTERCHEF JUNIOR  
FINALE-WINNING  
APPETIZER**

## Grilled Prawns

WITH SMOKED  
SAFFRON AIOLI,  
GRILLED ROMAINE &  
OLIVE & CAPER RELISH

**SERVES 4.**

### INGREDIENTS:

#### SAFFRON AIOLI

- › 1 pinch saffron
- › 1 cup olive oil mayonnaise
- › 1 clove garlic, crushed
- › 1 tbsp Dijon mustard
- › 1 tsp lemon juice

#### OLIVE & CAPER RELISH

- › 1 garlic clove
- › ¼ cup capers, drained
- › ¼ cup Kalamata olives, pitted
- › 2 tsp fresh thyme leaves, picked
- › 2 tsp fresh oregano leaves, picked
- › 1 cup olive oil

### SAFFRON BREAD CRUMBS

- › ¼ cup olive oil
- › ½ tsp saffron
- › 1 cup rustic white bread, crusts removed
- › Sea salt and pepper, to taste

### PRAWNS

- › 1 dozen live Santa Barbara spot prawns, heads and shells removed
- › 2 heads baby gem romaine lettuce, washed and quartered
- › Olive oil
- › Sea salt and pepper, to taste

### INSTRUCTIONS:

**ONE:** Prepare the Saffron Aioli: Bloom the saffron in 1 tsp warm water for 5 minutes. In a small bowl, combine saffron, mayonnaise, garlic, mustard and lemon juice. Place bowl inside a 1-gallon resealable plastic bag. Load a smoking gun with hickory chips. Insert the tube of the smoking gun into the bag and fill the bag with smoke. Set aside to let smoke infuse the aioli.

**TWO:** Meanwhile, prepare the Olive & Caper Relish: Into the bowl of a food processor, add garlic, capers, olives, thyme leaves, oregano leaves and oil. Pulse until combined and still somewhat chunky. Set aside.

**THREE:** Prepare the bread crumbs: In a small saucepan on low, heat the oil and saffron for 10 minutes. Remove from heat and let cool. Meanwhile, tear the bread into small pieces. Toss bread with some of the saffron oil, season with salt and pepper and toast until golden brown.

**FOUR:** Heat a cast iron grill plate on high heat. Skewer each prawn before grilling to prevent curling. Drizzle prawns and lettuce with oil and season with salt and pepper. Grill lettuce and char on one side; set aside. Quickly grill skewered prawns until just done on the outside and slightly translucent in the center. Remove the skewers.

**FIVE:** Swipe each plate with ¼ cup of the aioli. Spoon 1 tbsp of the caper olive relish over the aioli. Place 2 quarters of grilled lettuce on each plate and top with 3 prawns. Sprinkle a few bread crumbs around the plate for garnish. 🍴



**No smoking gun? No problem. Combine the aioli ingredients in a bowl and simply refrigerate until ready to use.**



# Breathe Easier

7 Sources for Stronger Lungs.


BY SARAH TUFF

## 1 Peppermint

**THE SCOOP:** Minty fresh breath is beneficial not only to those around you, but to your body, too. The American Cancer Society points to peppermint oil for treating ailments of the lungs, while recent research shows that the herb may help athletes breathe better. In an Iranian study published in the *Journal of the International Society of Sports Nutrition*, participants who drank water spiked with peppermint essential oil had improved respiratory rates, probably because of the way the mint relaxed their bronchial muscles.

**FOR BETTER AIR:** Add 3 to 4 drops to hot water for inhalation, which is the dosage recommended by the American Cancer Society. The amount used in the study, meanwhile, was 0.05 milliliters of peppermint oil in 500 milliliters of mineral water.





**2 Eucalyptus** **THE SCOOP:** If just the thought of vacationing in Australia causes you to sigh deeply, there may be a reason. Eucalyptus, which grows naturally in the Land Down Under, has been shown to prevent bronchitis flare-ups when combined with two other essential oils containing components of lime and pine. That also explains why cough drops often contain extracts of the eucalyptus plant.

**FOR BETTER AIR:** *Add a few drops of eucalyptus oil to a bowl of boiling water (place a towel over your head to make a tent to contain steam) then close your eyes and slowly breathe in the vapors for 10 minutes. A study in the Alternative Medicine Review notes this method is effective for easing symptoms of respiratory infections, rhinitis and sinusitis thanks to the oil's antibacterial, antiviral and anti-inflammatory properties.*

### 3 Vitamin D

**THE SCOOP:** People who are deficient in vitamin D may be more likely to get respiratory tract infections, according to a recent report in *Vitamins & Hormones*. The study authors also point to the sunshine vitamin as a possible treatment for asthma.

**FOR BETTER AIR:** *While the Institute of Medicine's Food and Nutrition Board recommends getting 600 IU of vitamin D daily, the tolerable upper intake level is 4,000 IU daily. Ask your health-care provider if a supplement is right for you.*

### 4 Whey protein

**THE SCOOP:** Can whey guide the way to a clearer respiratory system? At least one study has reported that supplementing with whey-based products can help patients with cystic fibrosis. That's because whey increases levels of glutathione, an antioxidant that defends against damage to the lungs.

**BETTER-AIR FARE:** *Add 10 grams whey protein isolate twice daily, the amount used in the study, to your diet.*

**5 Tea** **THE SCOOP:** In a *Journal of Inflammation* study using guinea pigs, the harmful effects of cigarette smoke – oxidative stress, inflammation, programmed cell death (apoptosis) and lung injury – were prevented by an infusion of black tea. Like many other food sources that can help improve lung health, it seems to be the tea's high antioxidant content that provides the benefits.

**BETTER-AIR FARE:** *Choose black tea over black coffee as a morning warm-up or an afternoon pick-me-up.*



### 6 Blueberries

**THE SCOOP:** Lately, the news on blues has been good, with studies linking the berries to improved heart health, sharper brains and even slimmer waistlines. Now, researchers reveal that blueberries – which pack more antioxidant punch than most other produce – may reduce the harmful effects of air pollution. In an observational study presented at the American Heart Association's annual meeting in 2014, scientists found that changes in heart function during heavy smog days around Boston tended to be less likely among elderly male participants who had recently eaten flavonoid-rich foods such as blueberries. (Chocolate and wine are also full of flavonoids, but contain more calories, which could counteract the benefits.) It's suspected that flavonoids may help regulate the immune system and even “reprogram genes” to protect you against air pollution.

**BETTER-AIR FARE:** *Add ¾ cup blueberries (the amount consumed each day in the study) to Greek yogurt, smoothies and salads, or just pop them plain.*



### 7 Apples

**THE SCOOP:** An apple a day may keep lung problems at bay, a recent report out of London reveals. Researchers from St. George's Hospital Medical School discovered that among 2,500 study participants, those who had five or more apples per week had slightly better overall lung function. Quercetin, an antioxidant found in apples, may help protect the lungs against smoke and other pollutants.

**BETTER-AIR FARE:** *Pick organic apples over other fruits as a late-afternoon snack (apples have also been shown to improve alertness).* 🍏





YOUR RESIDENT  
**FOODIE**  
JULIE O'HARA

# Biscuits 'n' Gravy FOR BREAKFAST!

We transformed Biscuits & Sausage Gravy  
from guilty pleasure to breakfast of champions.

BY JULIE O'HARA, PHOTOGRAPHY BY LAURA WRIGHT

**S**ausage gravy, country gravy, white gravy, sawmill gravy... this Southern favorite goes by several names, but I never understood what all the fuss was about. It's a simple creamy white sauce made with basic breakfast sausage. I dismissed it as a bit boring until I finally tried the dish myself at a restaurant, snagging a tentative bite from my husband's plate. Savory and bursting with black pepper, the stuff was satisfying and just plain delicious.

Once I saw the light, I was determined to make a homemade version. I knew there were healthier alternatives to pork sausage and that the gravy could be rich without the calorie bomb of heavy cream. As for the biscuits, which are needed to mop up the luscious gravy, I had plenty of ideas on how to make them flavorful and clean all at once.

## Better gravy ingredients

The gravy itself is a simplified béchamel sauce, thickened with flour. I'm betting early versions called for whole milk, but it seems that the "more is more" theory has led to many recipes calling for heavy cream or half-and-half. Since I knew a thick gravy could easily be had with organic, grass-fed whole milk, that's what I used. I also subbed in one of my favorite ingredients, white whole-wheat flour.

The problem with the gravy was the sausage. Bulk breakfast sausage made with inexpensive, conventional cuts of pork doesn't have a lot of redeeming

qualities, and it's packed with sodium. I guessed that a combination of all-natural turkey sausage and fresh ground turkey breast might bring the nutrition stats back to sane levels without sacrificing flavor. The results of my turkey combo were so amazing, they surprised even me. Thanks to the savory herbs and spices in the sausage and the creamy, seasoned gravy, you'll quickly forget that almost half of the protein is lean turkey breast.

## Biscuits gone wild

I've developed clean biscuit recipes for everything from chicken pot pie to strawberry shortcake, so I decided to get creative here. The classic dish calls for simple buttermilk biscuits made with white flour and seasoned with nothing more than salt and pepper. White whole-wheat flour was a given, and since I love the color and texture that cornmeal adds to quick breads, I added it to the mix.

To take things up yet another notch, I stirred scallions and piquillo peppers into the batter. You'll love how their flavor comes through in the biscuits. Smother them in sausage gravy, and you've got a meal that no one would guess came from a healthy-eating magazine. In fact, at under 350 calories, there's room to top off the dish with a beautiful runny egg. Not part of the traditional recipe, it's completely optional but very tasty. Sometimes a little excess can actually be good for you.

## BISCUITS 'ROUND THE CLOCK

Need more biscuits in your life? The ones in this recipe are so versatile! Whether you use the scallions and piquillos or keep it simple, you can build a meal around them anytime. Biscuits freeze well, too, so leftovers are always fresh and ready. Bake as directed, cool and freeze. Defrost at room temp for an hour or so, then loosely wrap in foil and reheat in a 300°F oven for about 5 minutes.

### CHEESY BREAKFAST

**SANDWICHES:** If the breakfast muffins from a certain fast-food chain are what you crave, put 'em to shame with a homemade version by filling a warm biscuit with scrambled eggs and cheddar.

### BETTER THAN A BAGEL:

With fewer calories and more fiber than your typical bagel, these biscuits are the perfect stand-in. Spread with cream cheese and top with smoked salmon and dill or capers.

### BARBECUE BUDDY:

Cornmeal biscuits and pulled pork or barbecue chicken are a match made in heaven. Serve biscuits on the side or make barbecue sandwiches.

### BROWN BAG IT:

Swap the bread in your usual turkey sandwich for these biscuits – and don't forget the mustard and avocado slices. Now that's a sammie you'll be excited to eat!

As a seasoned writer and recipe developer, *CE's* Resident Foodie **Julie O'Hara** has delved into everything from restaurant reviews of tasty travel hot spots to offering up her insider tips for preparing a deliciously clean turkey dinner. Her work has also graced the pages of *Shape*, *National Geographic Traveler*, *SELF* and *Vegetarian Times*. Plus, she blogs about cooking! [aminglingoftastes.com](http://aminglingoftastes.com)



# Biscuits & Sausage Gravy

**YOU SAVE:** 254 CALORIES, 25 g TOTAL FAT, 521 mg SODIUM, **YOU GAIN:** 3 g FIBER

**SERVES 8. HANDS-ON TIME:** 40 MINUTES.  
**TOTAL TIME:** 40 MINUTES.

## INGREDIENTS:

- 5 tbsp cold organic unsalted butter
- 3½ cups whole milk, divided
- 1 tbsp white or apple cider vinegar
- 1¾ cups plus ½ cup white whole-wheat flour, divided, plus additional for dusting
- ½ cup stone-ground yellow cornmeal
- 1½ tsp baking powder
- ½ tsp baking soda (**TRY:** Bob's Red Mill Baking Soda)
- ¼ plus ½ tsp sea salt, divided
- 4 scallions, light green and green parts only, sliced
- 3 piquillo peppers, patted dry and finely chopped
- Olive oil cooking spray
- 2 all-natural lean Italian turkey sausages (about 3½ oz each), casings removed
- 6 oz lean ground turkey breast
- ½ tsp dried thyme
- 1 tsp fresh ground black pepper
- 8 eggs (over easy, sunny-side up or poached), optional
- 1½ tbsp chopped fresh chives

## INSTRUCTIONS:

**ONE:** Preheat oven to 425°F. Line a large, rimmed baking sheet with parchment paper. Cut butter into ½-inch cubes and place on a small plate; return to refrigerator until ready to use. To a glass measuring cup or small bowl, add ¾ cup milk and vinegar; stir to combine. Let stand at room temperature for 10 minutes.

**TWO:** In a large bowl, whisk together 1¾ cups flour, cornmeal, baking powder, baking soda and ¼ tsp salt. Using a pastry cutter, fork or your fingers, add butter cubes to bowl and work into flour mixture until it reaches a loose, sandy consistency with pea-size chunks of butter remaining. Add milk mixture and stir gently with a rubber spatula until dry ingredients are just moistened. Stir in scallions and piquillos.

**THREE:** Transfer dough to a lightly floured surface. With floured hands, quickly shape into a thick disk. Lightly sprinkle dough with

flour and roll out to approximately ¾ inch thick. Using a 3-inch cutter, stamp out biscuits and transfer to prepared baking sheet. Gather remaining dough and re-roll to make a total of 8 biscuits. Bake in center of oven until a toothpick comes out with a few moist crumbs and bottoms are golden brown, 11 to 13 minutes. Cool on baking sheet for 3 minutes, then transfer to a cooling rack.

**FOUR:** Meanwhile, mist a large skillet with cooking spray and heat on medium-high. Add sausages, turkey and thyme and cook, stirring occasionally and crumbling the meat into bite-size pieces, until no longer pink, 5 to 7 minutes. Meanwhile, in a large bowl, whisk together remaining ½ cup flour, remaining 2¾ cups milk, remaining ½ tsp salt and black pepper until smooth. To skillet, add flour-milk mixture and bring to a simmer on medium-high, stirring occasionally.

**FIVE:** Reduce heat to medium-low and simmer, stirring frequently, until thickened, 3 to 5 minutes. Split biscuits and place 2 halves on each of 8 plates. Over bottom half of each biscuit, spoon about ½ cup sausage gravy and top with eggs (if using). Sprinkle with chives and rest top halves of biscuits over gravy.

## Nutrients\*: THEN AND NOW

Compared to traditional buttermilk biscuits with country sausage gravy\*\*:

Nutritional Facts	THEN	NOW
Calories	585	331
Total Fat (g)	40	15
Sat. Fat (g)	20	8
Carbs (g)	42	30
Fiber (g)	1	4
Sugars (g)	7	6
Protein (g)	14	17
Sodium (mg)	1,033	512
Cholesterol (mg)	96	68

\*Serving size is 1 biscuit and ½ cup gravy.

\*\*The buttermilk biscuits with country sausage gravy used for comparison are the Buttermilk Biscuits with Country Sausage Gravy on [myrecipes.com](http://myrecipes.com)





HOW TO MAKE YOUR OWN

What  
You'll  
Need:

Large saucepan

Colander

Chef's knife

Cutting board

Baking sheet

Aluminum foil

Resealable  
plastic bag

Food processor

Rubber spatula

# HUMMUS

It wasn't too long ago that hummus was available only at specialty markets. Now this healthful bean dip is a household name and everyday snack. See how easy it is to make your own clean hummus from scratch!

BY LAURA WALSH, PHOTOGRAPHY BY KRIS OSBORNE

**H**ummus is a creamy blend of chickpeas, lemon juice, garlic, oil and tahini. Chickpeas – also called garbanzo beans – are a good source of resistant starch, a nutrient similar to dietary fiber. Resistant starch, which is also prevalent in beans, peas and underripe bananas, provides the benefit of making you feel fuller faster, which can ward off weight gain, as well as reduce your risk factors for heart disease and high blood pressure. That last ingredient, tahini – a paste made from sesame seeds

– is what gives hummus and other Middle Eastern dishes, such as baba ghanoush, their distinct nutty and slightly bitter flavor. Tahini is full of polyunsaturated and monounsaturated fats that are known to lower total cholesterol and “bad” LDL cholesterol. The best part about this uber-healthy bean dip is that it delivers all these nutrients in delicious, flavorful bites.

The key to making better-than-store-bought, super-creamy hummus is to process the ingredients for longer than seems necessary. Even when the ingredients are

blended, continue processing for another 30 seconds to 1 minute until you achieve that silky texture. True, you can speed things up by using canned beans and jarred roasted red peppers, but we show how you're just a few easy steps away from serving a delicious, all-natural hummus that's double-dip worthy! (Don't worry, we won't judge.)



## Roasted Red Pepper Hummus

**MAKES 2 CUPS.**

**HANDS-ON TIME: 15 MINUTES.**

**TOTAL TIME: 25 MINUTES (PLUS SOAKING TIME).**

### INGREDIENTS:

- 1 cup dry chickpeas (aka garbanzo beans),\* picked over to remove any stones
- 2 red bell peppers, quartered, stemmed, seeded and ribs removed
- Juice of 1 lemon (about 3 tbsp)
- ¼ cup tahini paste
- 1 clove garlic, whole or roughly chopped
- 2 tbsp extra-virgin olive oil, plus additional for drizzling, optional
- ½ tsp coarse sea salt

### INSTRUCTIONS:

**ONE:** To a large saucepan, add chickpeas and cover with water. Let soak for 8 to 24 hours, or until they almost double in size. (**QUICK-SOAKING TRICK:** Instead of soaking overnight, bring chickpeas to a boil in a pot of water; boil for 1 minute. Remove from heat and set aside to soak in hot water, covered, for 1 hour.)

**TWO:** After chickpeas have soaked, drain and cover again with water. Bring to a boil on medium-high. Boil for 1 minute, then reduce heat and simmer, partially covered, until chickpeas are tender, 2 hours.

**THREE:** Meanwhile, position oven rack 5 inches below heating element and preheat broiler to high. On a foil-lined baking sheet, place pepper quarters, skin side up, and broil until skins of peppers are blistered and charred, 10 to 12 minutes. Remove peppers from oven and place in a resealable plastic bag; set aside to steam for 10 minutes. Remove peppers from bag and gently peel off and discard the blackened skin. Finely chop one of the pepper quarters and set aside for garnish. Coarsely chop remaining peppers and set aside.

**FOUR:** In a food processor, process lemon juice and tahini for 1 minute, scraping down sides of bowl halfway through. Process for the full minute to ensure mixture is creamy and smooth. Add garlic, 2 tbsp oil and salt; process for another minute or until no lumps remain and mixture is very smooth.

**FIVE:** Drain chickpeas. To food processor, add chickpeas and blend for 1 minute, scraping down sides of bowl after 30 seconds. Add coarsely chopped peppers and process until smooth. Continue processing, scraping down bowl as necessary, until mixture is well blended and smooth. Add 1 to 2 tbsp water and blend until mixture is creamy. Top hummus with reserved finely chopped red pepper and drizzle with additional oil (if using). Serve immediately or refrigerate in a covered container for up to 5 days. If hummus thickens, stir in 1 tbsp water before serving.

**\*TIME-SAVER:** If you don't have time to soak the beans, you can use 1 15-oz BPA-free can of chickpeas, drained and rinsed.

### NUTRIENTS PER SERVING (¼ CUP):

**CALORIES:** 130, **TOTAL FAT:** 8 g, **SAT. FAT:** 1 g,

**MONOUNSATURATED FAT:** 4.5 g, **POLYUNSATURATED**

**FAT:** 2.5 g, **CARBS:** 12 g, **FIBER:** 2.5 g, **SUGARS:** 3 g,

**PROTEIN:** 4 g, **SODIUM:** 101 mg, **CHOLESTEROL:** 0 mg

# 5

## GENIUS TWISTS ON HUMMUS

When you've mastered the basic hummus recipe, inject some fun flavors into this versatile bean dip. You'll soon discover there are endless combinations. Here are some unique twists to try.

### BLACK BEAN CHIPOTLE HUMMUS

Swap 1 cup black beans (or 1 15-oz BPA-free can black beans, drained and rinsed) for the chickpeas; follow directions to cook beans. Omit the roasted red pepper. Add 1 canned chipotle chile in adobo sauce (chopped) in step 5.

### APPLE PEANUT HUMMUS

Use ¼ cup all-natural peanut butter instead of tahini. Omit the roasted red pepper and cumin. Add ⅓ cup unsweetened applesauce in step 5. Omit the water. Top with coarsely chopped peanuts and a dash of cinnamon.

### CARROT GINGER HUMMUS

Omit the roasted red pepper and cumin. Cook 2 large carrots, peeled and chopped, in boiling water for 5 to 7 minutes, or until very tender; drain and cool to room temperature. Add carrots and 1 tsp minced fresh ginger in step 5.

### OLIVE ALMOND HUMMUS

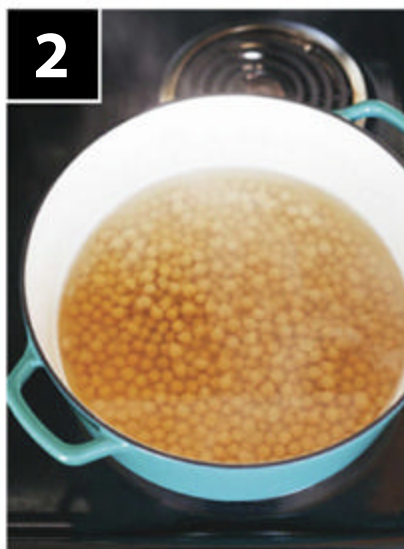
Use ¼ cup all-natural almond butter instead of tahini. Omit the roasted red pepper and cumin. Add ¼ cup pitted green olives in step 5. Top with more chopped green olives.

### COCONUT CURRY HUMMUS

Omit the roasted red pepper and cumin. Add 3 tbsp unsweetened shredded coconut, 1 jalapeño chile pepper (seeded and chopped), 1 tsp curry powder and ½ tsp turmeric in step 5. Top with more shredded coconut, lightly toasted.



## How to Make Hummus:







#### THE RIPER, THE BETTER

Make sure you opt for ripe bell peppers when making this recipe. Studies have demonstrated that the riper the bell pepper, the more vitamin C and carotenoids it contains, which results in an increase in total antioxidant capacity. Plus, red bell peppers boast cancer-protective sulfur-containing compounds, so you can't go wrong with this healthful ingredient addition.



## Skillet-Seared Beef Tenderloin

(See recipe, p. 40)

*Looking for a new skillet to whip up one of these scrumptious meals?*  
FOR REVIEWS OF OUR TOP-RATED SKILLETS, SEE PAGE 80.





Creamy  
Chicken  
Biryani  
(See recipe, p. 40)

# *Easiest-Ever* SKILLET MEALS

It takes just one skillet plus a few fresh ingredients to get a spectacular meal on your family's dinner table tonight.

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY BRANDON BARRÉ

APRIL 2015 **Clean Eating** 37





## Cuban-Style Rice & Beans

WITH TURKEY

**SERVES 6. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 1 HOUR, 10 MINUTES.

White rice is swapped out for brown in our healthier version of this classic Latin American dish. Protein-rich ground turkey turns it into a complete meal.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 small yellow onion, finely chopped
- 3 cloves garlic, minced
- 1 lb lean ground turkey
- 1 tsp ground cumin
- 1 tsp dried oregano
- ½ tsp fresh ground black pepper
- ¼ tsp sea salt
- 1 poblano pepper, seeded and diced

- 1 red bell pepper, seeded and diced
- 2 tbsp unsalted tomato paste
- 1 tbsp red wine vinegar
- 2 cups BPA-free canned unsalted black beans, drained and rinsed (**TRY:** Eden Organic Black Beans No Salt Added)
- 1½ cups low-sodium chicken broth
- 1 cup brown rice
- Juice of 1 large lime, plus lime wedges for garnish

### INSTRUCTIONS:

**ONE:** In a large deep skillet with a tight-fitting lid, heat oil on medium-high. Add onion and cook, stirring frequently, until translucent, 4 to 5 minutes. Add garlic and cook, stirring constantly, until fragrant, 1 minute. Add turkey, cumin, oregano, black pepper and salt and cook, stirring frequently,

until turkey is well browned, about 5 to 7 minutes. Add poblano and bell peppers and cook, stirring frequently, until slightly softened, about 2 minutes.

**TWO:** Push turkey mixture to sides of skillet, and to center of skillet, add tomato paste and vinegar and cook, stirring constantly, for 20 to 30 seconds. Add beans, broth, rice, lime juice and ½ cup water, stirring together all ingredients to combine. Bring to a boil, reduce heat to low and simmer, covered, until rice is tender, about 45 minutes. Let stand 5 minutes before serving. Serve with lime wedges.

### NUTRIENTS PER SERVING (1½ CUPS):

**CALORIES:** 363, **TOTAL FAT:** 10 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 45 g, **FIBER:** 8 g, **SUGARS:** 2 g, **PROTEIN:** 24 g, **SODIUM:** 158 mg, **CHOLESTEROL:** 56 mg



## Wild Mushroom & Lamb Ragout Pappardelle

**SERVES 4. HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

Lamb is simmered with red wine, beef broth and wild mushrooms for a meal with deep umami flavor.

### INGREDIENTS:

- 10 oz fresh whole-grain pasta sheets
- 1 tbsp olive oil
- $\frac{3}{4}$  lb boneless lamb loin roast, trimmed and cut into  $\frac{1}{2}$ -inch-thick medallions (Alternatively, you can also cut into  $\frac{1}{4}$ -inch-thick, 2-inch-long strips.)
- $\frac{1}{4}$  tsp each sea salt and fresh ground black pepper
- $\frac{3}{4}$  lb mixed wild mushrooms (such as chanterelle, oyster, shiitake and cremini), roughly chopped
- 3 cloves garlic, minced
- 2 cups low-sodium beef broth
- $\frac{1}{2}$  cup dry red wine
- 8 sun-dried tomatoes (packed in oil), thinly sliced
- 2 tbsp chopped fresh rosemary leaves

### INSTRUCTIONS:

**ONE:** Slice pasta sheets lengthwise into 1-inch strips and gently separate into individual noodles. Lay on a flat surface.

**TWO:** In a large skillet on medium-high, heat oil. Season lamb with salt and pepper. Working in batches if necessary, add to skillet and sear, turning once, until browned on both sides, about 5 to 7 minutes for medium-rare or 7 to 9 minutes for medium. (If using lamb strips, cook for 5 minutes, turning frequently, until browned.) Transfer lamb to a plate and cover to keep warm. Reduce heat to medium, add mushrooms and cook, stirring frequently, until browned, about 7 to 10 minutes. Add garlic and cook,

stirring, until fragrant, 30 seconds. Add broth and wine, scraping up browned bits from bottom of skillet. Bring to a simmer and cook until liquid is reduced by one-third, about 3 minutes.

**THREE:** To skillet, add pasta strips, nestling into liquid. Cover and simmer, stirring occasionally, until pasta is al dente, 4 to 5 minutes. Return lamb and any accumulated juices back to skillet and heat through, about

1 minute. Add tomatoes and rosemary and stir to combine. (**TIP:** If you don't have a lid for your skillet, cover it with a baking sheet.)

### NUTRIENTS PER SERVING ( $\frac{1}{4}$ OF RECIPE):

**CALORIES:** 406, **TOTAL FAT:** 13 g, **SAT. FAT:** 3.5 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 42 g, **FIBER:** 7 g, **SUGARS:** 2 g, **PROTEIN:** 30 g, **SODIUM:** 295 mg, **CHOLESTEROL:** 131 mg

### TIP:

Fresh whole-grain pappardelle can be difficult to find, so we use flat lasagna sheets and slice them. If you can find fresh whole-grain pappardelle, fettuccine or linguine, substitute 10 oz here.





## Skillet-Seared Beef Tenderloin

WITH BLUE CHEESE BUTTER

**SERVES 4. HANDS-ON TIME:** 15 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

In this gourmet twist on steak 'n' potatoes, a shallot-blue cheese butter is melted over the steak. Golden potatoes are made even more vibrant with the addition of tri-color carrots.

### INGREDIENTS:

- ½ oz blue cheese, crumbled
- 1½ tbsp organic, unsalted butter
- 1 tbsp chopped fresh flat-leaf parsley leaves
- 2 tsp minced shallot
- 2 tbsp olive oil, divided
- 2 yellow-fleshed potatoes (such as Yukon Gold), thinly sliced
- 4 4-oz beef tenderloin steaks
- ¼ tsp each sea salt and fresh ground black pepper
- 2 cups thinly sliced tri-color carrots

### INSTRUCTIONS:

**ONE:** Prepare blue cheese butter: In a small bowl, combine cheese, butter, parsley and shallot. Set aside.

**TWO:** In a large skillet on medium-high, heat 1 tbsp oil. Working in batches if necessary, arrange potatoes in a single layer in skillet and cook until golden and tender, 2 to 3 minutes per side. Transfer to a paper towel-lined plate and cover to keep warm.

**THREE:** In same skillet on medium-high, heat remaining 1 tbsp oil. Season steaks with salt and pepper. Add to skillet and cook, turning once, until browned and cooked to desired doneness, 7 to 9 minutes for medium-rare or 9 to 11 minutes for medium. Transfer to serving plates; cover to keep warm.

**FOUR:** To skillet, still on medium-high, add carrots with ¼ cup water and cook, stirring frequently, until just tender, about 2 minutes. To serve, divide potatoes evenly among plates with steaks; add carrots and top each steak with 1 tsp blue cheese butter.

**NUTRIENTS PER SERVING** (1 STEAK AND ¼ OF POTATOES AND CARROTS):

**CALORIES:** 369, **TOTAL FAT:** 20 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 19 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 28 g, **SODIUM:** 272 mg, **CHOLESTEROL:** 88 mg

## Creamy Chicken Biryani

**SERVES 4. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 40 MINUTES.

Fragrant spices such as turmeric, cardamom, cumin and coriander infuse this velvety tomato cream sauce. Try serving this dish with whole-grain naan bread or brown rice.

### INGREDIENTS:

- 1 tbsp safflower oil
- 1 red onion, thinly sliced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground cardamom
- ½ tsp ground turmeric
- ½ tsp red pepper flakes
- 3 cloves garlic, minced
- 2 cups boxed, jarred or BPA-free canned diced tomatoes, with juices
- 1 tbsp peeled and grated ginger
- 1 cup whole-milk yogurt (**TIP:** Avoid using nonfat yogurt here as it may curdle when heated.)
- 1 lb boneless, skinless chicken breast, chopped into 1-inch chunks
- 2 cups cauliflower florets
- 1 tbsp chopped fresh mint leaves, for garnish

### INSTRUCTIONS:

**ONE:** In a large deep skillet with a tight-fitting lid, heat oil on medium. Add onion and cook, stirring frequently, until softened, about 5 minutes. Add cumin, coriander, cardamom, turmeric and pepper flakes and cook, stirring constantly, for 30 seconds. Increase heat to medium-high and add garlic, tomatoes and ginger. Cook, stirring frequently, until tomato has broken down slightly, about 5 minutes. Add yogurt, stirring to combine to a thick paste. Add chicken and bring to a simmer. Reduce heat to medium-low, cover and simmer until sauce is slightly reduced, about 10 minutes.

**TWO:** To skillet, add cauliflower; replace lid and continue cooking until cauliflower is tender and chicken is no longer pink inside, about 10 to 15 minutes more. Divide among serving plates and garnish with mint.

**NUTRIENTS PER SERVING** (2 CUPS):

**CALORIES:** 258, **TOTAL FAT:** 9 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 14 g, **FIBER:** 5 g, **SUGARS:** 9 g, **PROTEIN:** 30 g, **SODIUM:** 108 mg, **CHOLESTEROL:** 91 mg

### Wholesome herb:

The tarragon in this dish is home to a wealth of phytonutrients with antioxidant actions as well as potassium. The latter helps support heart, kidney and organ function while studies have also shown that high levels of potassium can help lower blood pressure.

## Tarragon Chicken

WITH WHITE WINE CREAM SAUCE

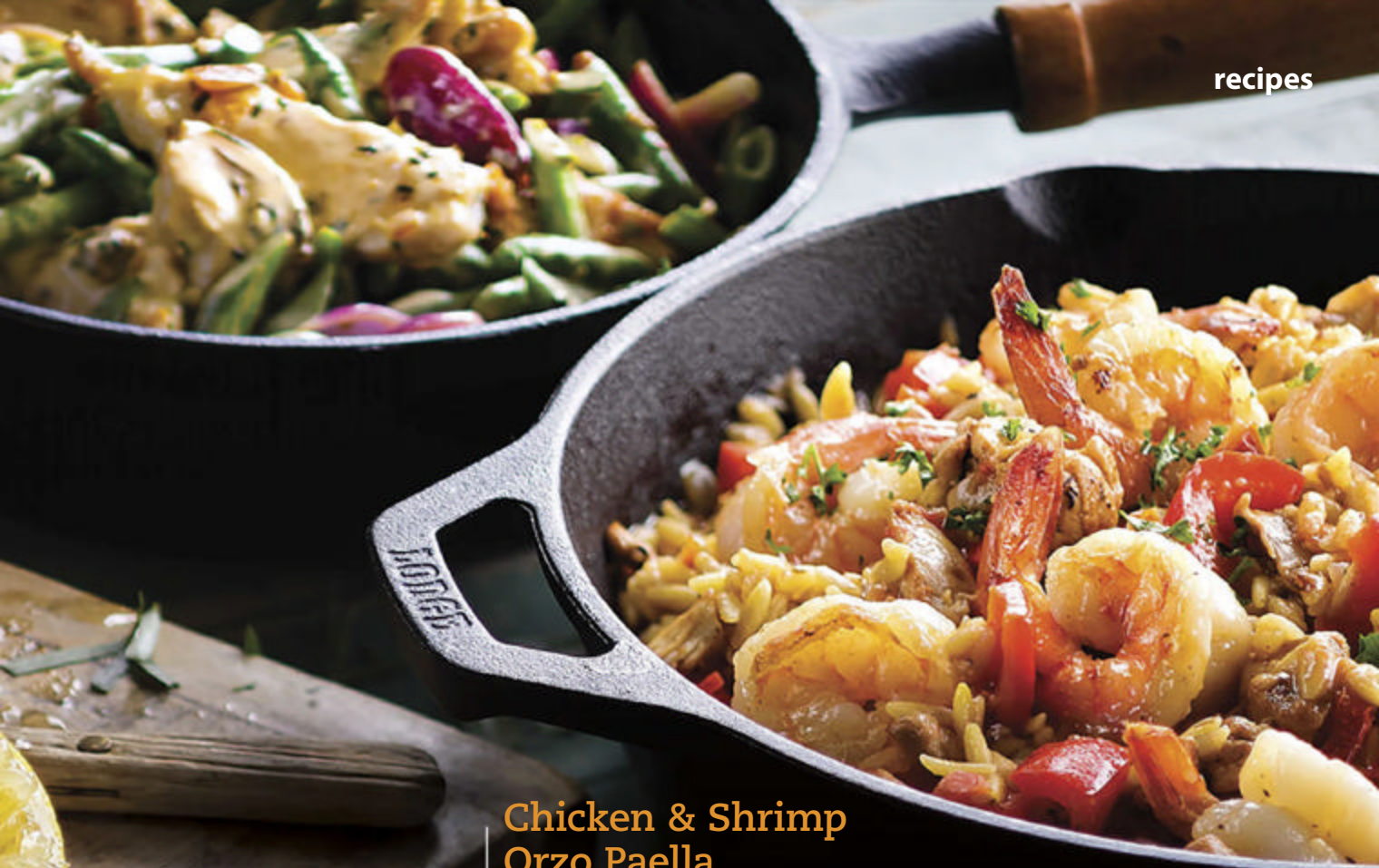
**SERVES 4. HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 30 MINUTES.

Chicken breasts are seasoned with tarragon then drizzled with a luscious white wine sauce with cream and Dijon mustard.

### INGREDIENTS:

- 1 tbsp olive oil
- 12 pearl onions, peeled and halved
- 4 5-oz boneless, skinless chicken breasts
- ½ tsp dried tarragon leaves
- ¼ tsp each sea salt and fresh ground black pepper (**TRY:** S.A.L.T. Sisters Brazilian Atlantic Sea Salt – Fine)
- 3 cups diagonally sliced green beans (1-inch pieces)
- ½ cup dry white wine
- ¼ cup organic heavy whipping cream (35%)
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh tarragon leaves





## Chicken & Shrimp Orzo Paella

**SERVES 6. HANDS-ON TIME: 25 MINUTES.**  
**TOTAL TIME: 35 MINUTES.**

Colorful bell pepper, tomatoes and parsley embellish this hearty paella that uses orzo pasta in place of rice.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken thighs, cut into 1-inch chunks
- 1 tsp smoked paprika
- ½ tsp dried oregano
- ¼ tsp each sea salt and fresh ground black pepper
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 large red bell pepper, seeded and diced
- 4 plum tomatoes, diced
- 1½ cups whole-grain orzo
- 2 cups low-sodium chicken broth
- Pinch saffron
- 2 tsp lemon zest and 1 tbsp fresh lemon juice, plus lemon wedges for garnish
- 12 large shrimp, peeled and deveined (tails on)
- 2 tbsp chopped fresh flat-leaf parsley leaves

### INSTRUCTIONS:

**ONE:** In a large skillet on medium, heat oil. Add onions and cook, stirring frequently, until softened, about 2 minutes.

**TWO:** Season chicken with dried tarragon, salt and pepper. Increase heat on skillet to medium-high. Add chicken and cook until well browned on 1 side, about 5 minutes. Turn chicken over and add beans; cook until beans are tender and chicken is no longer pink inside, about 5 to 7 minutes more.

**THREE:** Arrange chicken, beans and onions on serving plates and cover to keep warm. To skillet, add wine, scraping up any browned bits from bottom of pan. Cook until reduced by half, about 3 to 4 minutes. Add cream and mustard, stirring to combine. Continue cooking until sauce is thick enough to coat the back of a spoon, 1 to 2 minutes more. Pour sauce over chicken, dividing evenly. Garnish with fresh tarragon.

**NUTRIENTS PER SERVING** (1 CHICKEN BREAST AND ½ CUP VEGETABLES):

**CALORIES:** 300, **TOTAL FAT:** 13 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 11 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 34 g, **SODIUM:** 278 mg, **CHOLESTEROL:** 124 mg

### INSTRUCTIONS:

**ONE:** In a large deep skillet on medium-high, heat oil. Season chicken with paprika, oregano, salt and black pepper. Cook chicken, turning frequently, until browned, 3 to 4 minutes. Transfer to a plate and cover to keep warm. To skillet, add onion, garlic and bell pepper and cook, stirring frequently, until vegetables are softened and onions are translucent, 4 to 5 minutes. Add tomatoes and orzo, stirring to combine. Add broth and saffron and stir to loosen orzo from bottom of pan. Bring to a boil then reduce heat to medium-low.

**TWO:** Return chicken to pan along with any accumulated juices. Add lemon zest and juice and continue cooking, stirring occasionally, until chicken is no longer pink inside and orzo is tender, about 7 to 9 minutes.

**THREE:** Stir in shrimp and cook just until they turn pink and are opaque throughout, about 2 to 3 minutes more. Divide among serving plates and garnish with parsley. Serve with lemon wedges.

**NUTRIENTS PER SERVING** (2 CUPS):

**CALORIES:** 303, **TOTAL FAT:** 7 g, **SAT. FAT:** 1.5 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 37 g, **FIBER:** 5 g, **SUGARS:** 4 g, **PROTEIN:** 25.5 g, **SODIUM:** 263 mg, **CHOLESTEROL:** 89 mg



# EXTREME *Asian*

**A new generation of Asian cuisine has arrived with bolder, spicier flavors, authentic culinary techniques and altogether funkier fare from China, the Philippines, Vietnam and Japan.**

BY JO LUSTED, PHOTOGRAPHY BY GIBSON & SMITH

**W**hen most people think of Asian cuisine, they likely conjure up images of Pad Thai or perhaps a beef and broccoli stir-fry. Mildly sweet, sour and salty dishes such as these are generally what we're used to when we order Asian food in North America. It's tasty, of course, but overall it's fairly tame and caters mostly to the North American palate. That is, until now.

Chefs are now taking Asian fare to the next level – it's spicier, bolder and employs more traditional culinary techniques. In Asia, a common approach to cooking is to use every part of an ingredient. For example, a dish using chopped shrimp may also call for a broth made from the heads and shells for the same meal for maximum flavor, with no waste. We're also starting to see more regional Asian cuisine in restaurants around the country, from areas of Asia that were never really represented in the North American food scene before.

In this section, we're giving you a sampling of some of these new and untamed Asian dishes from China, Japan, the Philippines and Vietnam. We're also giving you a tour of an authentically Asian pantry (see page 46) to help acquaint you with some of the more exotic ingredients used here. So go beyond Pad Thai and try embracing the new Asian cuisine – it's funkier and truer-to-tradition, but most importantly, it's deliciously addictive.







### ***Osaka-Style Okonomiyaki***

FROM JAPAN

(See recipe, page 49)



### ***Pancit Palabok***

FROM THE PHILIPPINES

(See recipe, page 45)





## Vietnamese-Style Fish Sauce Chicken Drumsticks

*Recipe adapted from Andy Ricker's Pok Pok Vietnamese Fish Sauce Wings.*

**SERVES 5. HANDS-ON TIME:** 45 MINUTES.  
**TOTAL TIME:** 1 HOUR, 15 MINUTES (PLUS MARINATING AND SOAKING TIME).

### INGREDIENTS:

- 1 cup low-sodium vegetable broth (**TRY:** Pacific Foods Organic Low-Sodium Vegetable Broth)
- 4 dried shiitake mushrooms
- 8 cloves garlic, finely chopped (**NOTE:** Use a knife for this use rather than grating with a rasp or crushing.)
- ¼ cup fish sauce
- ¼ cup plus 1 tsp organic evaporated cane juice
- 10 pieces chicken drumsticks (about 2 lb), skin removed
- ¼ cup coconut oil
- 1 cup brown rice flour
- Olive oil cooking spray
- 2 carrots, peeled and julienned
- 1 8-inch piece daikon radish, peeled and julienned
- 1 tsp sea salt
- ¼ cup rice vinegar
- 2 tsp sambal oelek
- 1 cup lightly packed coarsely chopped fresh cilantro leaves, divided
- ½ cup lightly packed coarsely chopped fresh mint leaves, divided
- ½ English cucumber, julienned

### INSTRUCTIONS:

**ONE:** In a small saucepan, bring broth to a boil. Remove from heat; add mushrooms. Soak for 30 minutes, until softened. Remove mushrooms from broth and dice. Reserve mushrooms and broth separately.

**TWO:** To a small bowl, add garlic and ¼ cup reserved broth; let stand for 3 minutes. Pour mixture through a fine sieve over a bowl, pressing garlic lightly with a spoon. Reserve garlic and garlic-infused broth separately.

**THREE:** Add fish sauce and ¼ cup cane juice to reserved garlic-infused broth; stir until dissolved. To a resealable bag or container, add chicken and half of fish sauce mixture, reserving remainder for sauce. Toss well and refrigerate overnight. Refrigerate all reserved ingredients until ready to proceed.

**FOUR:** In a small pan on high, add oil and reserved garlic. Reduce heat to medium-low and cook until golden. Drain through a fine-mesh sieve into a heat-resistant bowl; reserve oil for another use (such as stir-frying or searing meats). Drain garlic on paper towel and set aside.

**FIVE:** Preheat oven to 425°F. In a colander, drain chicken, discarding marinade. Toss chicken in flour, shaking off excess, and arrange on a parchment-lined baking sheet. Mist with cooking spray; bake for 25 to 30 minutes, until golden. Turn and mist again; bake for 15 to 20 minutes more, until crisp and no longer pink inside.

**SIX:** Meanwhile, prepare pickled vegetables: In a large bowl, toss carrots,

radish, salt and remaining 1 tsp cane juice and set aside to soften, about 15 minutes. Add vinegar and toss. Cover and refrigerate until serving.

**SEVEN:** Once chicken is baked, add remaining broth and reserved mushrooms to reserved fish sauce mixture. To a large nonstick skillet or wok, add fish sauce-mushroom mixture and sambal oelek. Bring to a boil; cook for about 30 seconds, until reduced by half and thick enough to coat the back of a spoon. To a large bowl, transfer drumsticks and add sauce, tossing gently to coat. Add ½ cup cilantro, ¼ cup mint, reserved crispy garlic and toss again. Drain excess liquid from vegetables, mix in cucumber and remaining ½ cup cilantro and ¼ cup mint. Serve alongside drumsticks.

### NUTRIENTS PER SERVING (2 DRUMSTICKS AND 1¼ CUPS SALAD):

**CALORIES:** 332, **TOTAL FAT:** 7 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g, **POLY-UNSATURATED FAT:** 2 g, **CARBS:** 39 g, **FIBER:** 4 g, **SUGARS:** 9 g, **PROTEIN:** 27 g, **SODIUM:** 868 mg, **CHOLESTEROL:** 120 mg





## ORIGIN: HO CHI MINH CITY (FORMERLY SAIGON), VIETNAM

Made famous by the James Beard Award-winning chef Andy Ricker at his Asian hot spot, Pok Pok, this dish is completely magical. Fish sauce wings with a sticky glaze of fish sauce, sugar and crispy garlic are a street-food staple in Ho Chi Minh City. The technique used for the garlic is noteworthy, an example of making the most of a single ingredient. First, chopped garlic is soaked in warm water or broth, then strained. That garlic-infused broth is used as part of the marinade and the chopped garlic is slowly cooked in coconut oil, then strained again. The now-crispy garlic is tossed with the finished chicken, and the garlic-infused oil is reserved for future use such as sautéing vegetables and stir-fries. Instead of wings, we've opted for drumsticks, with a pile of quick-pickled vegetables or Vietnamese-style salad, which balances the flavor profile of the dish.



## Pancit Palabok

**SERVES** 6.

**HANDS-ON TIME:** 45 MINUTES.

**TOTAL TIME:** 45 MINUTES.

### INGREDIENTS:

- $\frac{3}{4}$  lb brown rice noodles (vermicelli or Pad Thai style)
- 4 shallots, halved and thinly sliced
- $\frac{1}{4}$  cup brown rice flour, divided
- Olive oil cooking spray
- Sea salt, to taste
- $\frac{1}{2}$  lb extra-large shrimp, heads and shell on
- 4 cups low-sodium vegetable or chicken broth
- $\frac{1}{4}$  lb lean ground pork
- 4 cloves garlic, minced
- $\frac{1}{2}$  yellow onion, finely chopped
- 1 tsp ground turmeric (**TRY:** Simply Organic Turmeric Root)
- 1 tsp paprika
- 1 tbsp fish sauce
- 2 tsp coconut oil
- $\frac{1}{2}$  lb organic firm tofu, cut into  $\frac{1}{4}$ -inch cubes
- 4 oz cold smoked fish, skin and bones removed and flaked, optional
- 4 green onions, thinly sliced
- 3 hard-boiled eggs, halved
- 1 lime, cut into wedges

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. In a large bowl, soak noodles in cold water for 15 minutes. Toss shallots with 2 tbsp flour, then arrange in a single layer on a large parchment-lined baking sheet and mist with cooking spray. Bake for 15 minutes, stirring once and misting again with cooking spray to brown evenly. Season with salt and set aside.

**TWO:** Remove heads from shrimp and place in a medium saucepan. Peel shrimp and add shells to pot with heads. Devein shrimp and set aside. Cover shrimp shells and heads with

## ORIGIN: THE PHILIPPINES

This traditional dish uses simple ingredients and employs the concept of “use everything.” Instead of discarding them, the heads of shrimp are included to create an unapologetically intense, shrimp-flavored sauce. Pancit means noodles and palabok means garnishing, so literally this dish is noodles doused in sauce and garnished with a mash-up of ingredients. We removed the traditional pork belly, replaced the pork cracklings with crispy shallot and substituted hard-to-find tinapa (smoked-fish) flakes with your choice of smoked fish. Crispy shallots, hard-boiled egg, shrimp, tofu, smoked fish and green onions are arranged over noodles.

broth and bring to a boil on high. Reduce heat to medium-low and simmer for 15 minutes, skimming and discarding foam from surface of broth occasionally. Cool broth slightly and strain through a fine-mesh sieve; press shells with a spoon then discard heads and shells. Set broth aside.

**THREE:** Heat a large nonstick skillet or medium saucepan on medium-high. Add pork and cook, stirring until browned, about 4 minutes. Add garlic and yellow onion and sauté until softened, about 3 minutes. Reduce heat to medium and add turmeric and paprika; cook for 1 minute, stirring constantly until fragrant. Add remaining 2 tbsp flour and cook for 3 minutes, stirring constantly until browned. Add shrimp broth and fish sauce and bring to a boil, then reduce heat to low; simmer for 10 minutes, stirring frequently until thickened. Remove from heat, cover to keep warm.

**FOUR:** In a large nonstick skillet on medium-high, heat oil. Sauté tofu until lightly browned on all sides, about 3 minutes. Add shrimp and cook, stirring occasionally, until firm and opaque, about 2 minutes.

**FIVE:** In a large pot of boiling water, immerse noodles to heat through. Drain and divide among bowls. Top noodles with pork mixture, shrimp-tofu mixture, crispy shallots, smoked fish (if using), green onions and hard-boiled egg. Garnish with lime wedges.

### NUTRIENTS PER SERVING (% OF RECIPE):

**CALORIES:** 384, **TOTAL FAT:** 7g, **SAT. FAT:** 3g, **MONOUNSATURATED FAT:** 2g, **POLYUNSATURATED FAT:** 2g, **CARBS:** 59g, **FIBER:** 7g, **SUGARS:** 5g, **PROTEIN:** 21g, **SODIUM:** 335 mg, **CHOLESTEROL:** 118 mg

*Recipes continued on page 48*



# The Asian Pantry

Learn about these lesser-known gems in authentic Asian cooking.

According to *Mastering the Art of Chinese Cooking* (Chronicle Books, 2012) by Eileen Yin-Fei Lo, the older the tangerine peel, the better. The author notes that one Hong Kong chef refused to use dried tangerine peel unless he was sure it was at least 30 years old!

## 1. Nagaimo

A member of the Dioscoreaceae family, nagaimo is a soft and starchy yam that's often used in its grated form as a binder in the batter of Japanese traditional pancakes, okonomiyaki. It can be irritating to some people's skin because of the calcium oxalate crystals it contains, so best to wear gloves when handling.

## 2. Szechuan Peppercorns

(aka anise pepper or Chinese pepper) Despite their name, these berries are not part of the peppercorn family. From China's Szechuan province, they come from the prickly ash tree. They cause a light tingling sensation in the mouth that when combined with other spicy notes in a dish is said to help mediate heat.

## 3. Aonori

(aka dried green laver) A Japanese ingredient, this iron-rich dried flaked seaweed is used as a seasoning on dishes such as

okonomiyaki, a traditional pancake from Osaka. A similar ingredient, aonori ko is also dried seaweed but in powdered form instead of flakes.

## 4. Katsuobushi

(aka dried bonito or bonito flakes) Japanese dishes often use dried bonito, a type of tuna, to add savory flavor to broths, soups and sauces.

## 5. Daikon Radish

In Japanese, *dai* means large, and *kon* means root. With a mild, fresh flavor and crisp texture, this radish can be used raw, pickled or cooked.

## 6. Dried Tangerine Peel

(or dried mandarin peel) A staple in Chinese cooking, tangerine peels are dried until hard and they have a unique, sometimes bitter flavor. You can purchase them, or dry your own in the sun, in a dehydrator or in the oven.

## 7. Star Anise

Originating from a small type of evergreen tree in China, star anise contains the same oil that gives anise seed its flavor, though star anise is slightly more bitter. It is used in its ground form in Chinese five-spice powder.



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## recipes

### ORIGIN: CHINA

It has been noted that this meat-filled-bun recipe from the Shaanxi province in the north-central part of the country dates back to the Qin Dynasty (221 to 206 BC), possibly making Rou Jia Mo the world's oldest hamburger or sandwich. It is traditionally made with fatty pork braised using over 20 different spices; however, in the Xi'an region of the same province, beef skewers seasoned with cumin are more commonly eaten than pork due to the Muslim influence. We've combined the best of both – braised lean beef with fragrant layers of spices that will have your neighbors knocking at your door! Make your own buns with our recipe or use whole-grain English muffins to soak up all the aromatic pan juices from the beef.

### Rou Jia Mo

**SERVES 6. HANDS-ON TIME: 30 MINUTES.**

**TOTAL TIME: 2 HOURS.**

#### INGREDIENTS:

- 2 tsp coconut oil, divided
- 2 lb top round beef, cut into 1½-inch pieces
- 2 pieces star anise
- 2 bay leaves
- 2 pieces dried tangerine peels (about 1 inch by 3 inches each)
- 2 dried arbol chile peppers
- 1 tsp Szechuan peppercorns
- 1 4-inch cinnamon stick
- 1 piece black cardamom
- 1 tsp fennel seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 yellow onion, thinly sliced
- 3 cloves garlic
- 1 2-inch piece ginger, sliced into 2 pieces
- ¼ cup rice vinegar
- 3 tbsp reduced-sodium soy sauce, divided
- 2 tbsp organic evaporated cane juice
- 2 cubanelle peppers, seeded and thinly sliced
- 1 jalapeño pepper, thinly sliced (with seeds)
- 4 green onions, coarsely chopped
- 6 homemade buns (recipe on page 50) or whole-wheat English muffins
- Olive oil cooking spray
- 1 cup fresh cilantro sprigs



▲ *Make your own Rou Jia Mo buns from scratch with our recipe on page 50.*



#### EQUIPMENT:

- **Cheesecloth**
- **Butcher's twine**

#### INSTRUCTIONS:

**ONE:** In a wide, deep ovenproof skillet or Dutch oven on medium-high, heat 1 tsp oil. Working in batches if needed, add beef and sear until browned on all sides, turning occasionally, 6 to 8 minutes.

**TWO:** Meanwhile, prepare a spice bag: Cut a 6-inch square of cheesecloth (double thickness), and in center of square, place anise, bay leaves, tangerine peels, arbol chiles, peppercorns, cinnamon, cardamom, fennel, coriander and cumin. Bring edges together and tie tightly with butcher's twine.

**THREE:** To skillet with beef, add spice bag, yellow onion, garlic, ginger, vinegar, 2 tbsp soy sauce, cane juice and 2 cups water. Increase heat to high and bring to a boil. Reduce heat to medium-low, cover and simmer, stirring occasionally and adjusting heat if necessary so that liquid is bubbling gently, until beef is tender enough to pull apart when pierced with a fork, about 1 hour, 30 minutes.

**FOUR:** Strain beef and onions through a fine mesh sieve over a bowl to reserve broth, then discard spice bag and return broth to pan. Bring to a boil and reduce broth by half, about 5 minutes. Meanwhile, in a large nonstick skillet on medium-high, heat remaining 1 tsp coconut oil on medium-high. Add cubanelle and jalapeño peppers and sauté until softened, about 2 minutes. Stir in beef and onion mixture, green onions, broth and remaining 1 tbsp soy sauce and cook, stirring and breaking up beef slightly, about 2 minutes. Set aside.

**FIVE:** Heat a large nonstick skillet on medium. Working in batches if needed, mist buns or muffins with cooking spray and toast in skillet until crisp and brown on the outside and steaming on the inside. Open buns carefully, leaving 1 side attached. Divide beef and cilantro among buns, pouring any excess broth into buns.

#### NUTRIENTS PER SERVING (1 SANDWICH):

**CALORIES:** 389, **TOTAL FAT:** 9.5 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 37 g, **FIBER:** 5.5 g, **SUGARS:** 13 g, **PROTEIN:** 41 g, **SODIUM:** 610 mg, **CHOLESTEROL:** 92 mg

#### ORIGIN: OSAKA, JAPAN

A specialty from Osaka, this pancake is pure Japanese soul food. There are two styles of okonomiyaki; Osaka or Kansai style, and Hiroshima style. *Okonomi* means "what you like" and *yaki* means "grilled," so literally this is a dish grilled as you like it. Okonomiyaki has countless variations, with the addition of ingredients like seafood, pork or cheese, but the most basic is a pancake made out of flour, shredded cabbage, egg, green onion and water. The most authentic recipes use nagaimo (aka Japanese mountain yam), which acts as a binder, and dashi (a Japanese stock) in place of water, though okonomiyaki can be made without these ingredients if you can't find them. The beauty of this dish is the garnish that includes tangy tonkatsu sauce, Japanese-style mayonnaise, aonori and bonito flakes. Admittedly, it might be a little strange for a first-timer (tuna flakes on a pancake?), but once hooked, you'll find yourself craving this umami-bomb over and over.

### Osaka-Style Okonomiyaki

**SERVES 4. HANDS-ON TIME: 40 MINUTES.**

**TOTAL TIME: 40 MINUTES.**

#### INGREDIENTS:

##### TONKATSU SAUCE

- ½ cup organic ketchup
- 2 tbsp Worcestershire sauce
- 4 tsp mirin
- 2 tsp reduced-sodium soy sauce
- 1 tsp mustard powder
- ¼ tsp garlic powder

##### JAPANESE-STYLE MAYONNAISE

- ¼ cup olive oil mayonnaise
- ¼ cup Greek yogurt
- 4 tsp rice vinegar
- ½ tsp mustard powder  
(**TRY:** Colman's Dry Powder Mustard)
- ¼ tsp garlic powder

##### PANCAKES

- 4 eggs
- 2 cups whole-grain spelt flour
- 1½ cups low-sodium chicken or vegetable broth
- ½ cup peeled and grated nagaimo (or substitute with about ¼ cup potato starch)  
(**NOTE:** Wear gloves when grating nagaimo as it can be irritating to skin.)
- ½ tsp sea salt
- ½ lb peeled and deveined shrimp, tails removed, coarsely chopped (about 1 cup)
- 4 green onions, thinly sliced
- 8 cups julienned green cabbage  
(**TIP:** Cut cabbage into 2-inch wide wedges then slice.)
- Olive oil cooking spray
- 2 strips all-natural nitrate- and nitrite-free bacon, cut in half, optional

- ¼ cup toasted sesame seeds
- 1 cup bonito flakes, optional
- ½ cup aonori or dried green laver (dried powdered seaweed), optional
- ½ cup pickled ginger, optional

#### INSTRUCTIONS:

**ONE:** Prepare Tonkatsu Sauce: In a small bowl, combine all ingredients.

**TWO:** Prepare Japanese-Style Mayonnaise: In a second small bowl, combine all ingredients. Cover and refrigerate both sauces until needed.

**THREE:** In a large bowl, whisk together eggs, flour, broth, nagaimo and salt. Do not over-mix. Add shrimp, onions and cabbage and mix until cabbage is evenly coated in batter.

**FOUR:** Heat a 10-inch nonstick skillet on medium and mist liberally with cooking spray. Add half of cabbage mixture and top with strips of bacon (if using), pressing down gently so that pancake is about ¾ inch thick. Cook for about 5 minutes, until underside is golden brown. Carefully flip pancake using a wide spatula (or a second skillet), and continue to cook until crisp on the outside and cabbage is softened, another 5 minutes. Carefully flip pancake out onto a plate so that bacon side is up. (**NOTE:** To keep pancake warm until ready to serve, transfer to a parchment-lined baking tray and place uncovered in a 250°F oven.) Repeat with remaining batter.

**FIVE:** To serve, cut pancakes into wedges (if desired) and drizzle evenly with sauces. Add sesame seeds, and if using, bonito flakes, aonori and ginger.

#### NUTRIENTS PER SERVING (½ OF A PANCAKE):

**CALORIES:** 633, **TOTAL FAT:** 25 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 8 g, **POLYUNSATURATED FAT:** 10 g, **CARBS:** 73 g, **FIBER:** 9 g, **SUGARS:** 10 g, **PROTEIN:** 31 g, **SODIUM:** 869 mg, **CHOLESTEROL:** 285 mg





## Rou Jia Mo Buns

MAKES 12 BUNS.

### INGREDIENTS:

- 1 tbsp organic evaporated cane juice
- 2 tsp active dry yeast
- 2½ cups whole-grain spelt flour
- 1 tsp baking powder
- ½ tsp sea salt
- Olive oil cooking spray

### INSTRUCTIONS:

**ONE:** To a medium bowl or large cup, add cane juice and yeast. Gently stir in 1 cup lukewarm water. Set aside and allow yeast to proof for about 10 minutes, until foamy.

**TWO:** Meanwhile, in a large bowl, whisk together flour, baking powder and salt. Once yeast is foamy, add yeast mixture to flour mixture. Gently fold together with a spatula until a ragged dough forms. Working with your hands, knead dough until it forms a smooth ball, about 5 minutes. Lift dough from bowl, mist bowl and dough ball lightly with cooking spray and cover bowl with plastic wrap. Place in a warm spot and allow to rest until dough has doubled in volume, about 40 minutes.

**THREE:** Transfer dough to a clean surface. Gently roll into a 12-inch log, cut log in half crosswise and cut each half into 6 pieces crosswise to form 12 balls total. Roll each piece in your palm to form into balls. Place balls onto a parchment-lined baking sheet and cover loosely with plastic wrap.

**FOUR:** Starting with 1 piece of dough, use a rolling pin to flatten into a 3 x 4-inch rectangle. Roll up into a tightly spiraled cylinder from the short end to get a 4-inch-long tube. Using your hands, roll (or pinch) the ends to seal each one; your cylinder should now have 2 narrow ends and a thicker center. Turn cylinder so that one of the narrow ends is closest to you, and roll into

a 12-inch-long, ¼-inch-thick strip using the rolling pin, flipping once while rolling so that dough doesn't stick to counter. Starting at the narrow tip furthest away from you, roll into a cylinder again. Stand cylinder on its end and flatten into a circle with your palm. Roll into a 3½-inch circle. Transfer bun onto a parchment-lined tray; mist lightly with cooking spray. Repeat with remaining dough balls and let to rest, covered loosely with plastic wrap or a clean towel for 30 minutes.

**FIVE:** Heat a large nonstick skillet on medium-low. Working in batches, place buns, oiled side down, into a pan. Cook for 3 minutes, until golden brown, then flip and cook for an additional 3 minutes. Transfer to a tray and cover with foil or a clean dry towel to keep warm if serving immediately. Carefully cut into and open like an English muffin with a small serrated knife, leaving 1 edge intact.

**MAKE AHEAD:** If not using immediately, cool to room temperature and store in a resealable bag or container and store in the refrigerator for up to 3 days or in the freezer for 3 months. To reheat, bring to room temperature. Wrap in foil and heat in a 400°F oven for about 6 minutes, until hot throughout.

## Master the Rou Jia Mo Rolling Technique

This Chinese dough-rolling technique creates layers similar to puff pastry, so the end result is a dough that's light and airy.



Roll dough into a 12-inch-long log. Cut log in half and then cut each half into 6 pieces to form 12 pieces total. Roll each piece in your palm to form into balls.



Starting with 1 piece of dough, use a rolling pin to flatten into a 3 x 4-inch rectangle.



Roll up into a tightly spiraled cylinder from the short end to get a 4-inch-long tube. Roll (or pinch) the ends to seal. Roll into a 12-inch-long, ¼-inch-thick strip (not shown). Roll into a cylinder again and stand on its end.



Using your palm, flatten cylinder into a circle.



Roll into a 3½-inch circle. ©



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recipes

# PERFECT *Plant-Based* PLATES

RECIPES BY ALISON KENT, PHOTOGRAPHY BY BRANDON BARRE





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OF YOUR FAMILY MEMBERS  
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MEATLESS MEALS.**



## MOROCCAN RED LENTIL STEW

### WITH PARSNIP FRIES

**SERVES 8.**

**HANDS-ON TIME:** 25 MINUTES.

**TOTAL TIME:** 45 MINUTES.

Tomatoes and an array of fragrant spices commingle with lentils and chickpeas for a satisfying bowl of comfort. Save some for tomorrow's lunch – it's even better the next day!

#### INGREDIENTS:

- 1 tbsp olive oil
- 2 carrots, thinly sliced
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp ground turmeric
- ¼ tsp ground cayenne pepper
- ¼ tsp ground cinnamon
- Sea salt and fresh ground black pepper, to taste
- 1 28-oz BPA-free can unsalted diced tomatoes
- 2 cups low-sodium vegetable broth
- 2 cups peeled, seeded and cubed butternut squash (about ½ lb)
- 2 cups dry red lentils  
(**TRY:** Bob's Red Mill Red Lentils)
- 1 cup cooked or BPA-free canned chickpeas
- 2 tbsp fresh lemon juice
- ¼ cup chopped fresh flat-leaf parsley leaves

#### PARSNIP FRIES

- 8 parsnips (about 3 lb), trimmed and peeled
- 1 tbsp olive oil
- 1 tsp ground coriander
- Sea salt and fresh ground black pepper, to taste
- 1 tbsp chopped fresh flat-leaf parsley leaves
- 1 tsp finely grated lemon zest

#### INSTRUCTIONS:

**ONE:** Prepare Parsnip Fries:

Preheat oven to 450°F. Cut parsnips in half crosswise. Halve (or quarter thick parts) lengthwise to make fries of roughly the same size.

**TWO:** In a large bowl, toss parsnips with 1 tbsp oil, coriander, salt and pepper. Spread parsnips on a large, rimmed parchment-lined baking sheet. Bake, tossing once or twice, until golden brown and tender, about 30 minutes.

**THREE:** Meanwhile, in a Dutch oven on medium-high, heat 1 tbsp oil; add carrots, onion and garlic and cook, stirring occasionally, until softened, about 6 minutes. Add cumin, ginger, turmeric, cayenne, cinnamon, salt and pepper; cook, stirring, for 1 minute.

**FOUR:** Stir in tomatoes, broth, squash, lentils and chickpeas; bring to a boil. Reduce heat, cover and simmer until lentils and squash are tender, 10 to 15 minutes. Stir in lemon juice and ¼ cup parsley; simmer for 1 minute. Toss fries with 1 tbsp parsley and lemon zest. Serve with stew.

**NUTRIENTS PER SERVING** (¼ CUPS STEW AND ¾ CUP FRIES):

**CALORIES:** 393, **TOTAL FAT:** 6 g, **SAT.**

**FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g,

**POLYUNSATURATED FAT:** 1 g, **CARBS:** 73 g,

**FIBER:** 17 g, **SUGARS:** 13 g, **PROTEIN:** 17 g,

**SODIUM:** 111 mg, **CHOLESTEROL:** 0 mg

#### Small but mighty lentils:

Lentils are packed with folate, or vitamin B<sub>9</sub>, which plays an important role in the health of your nervous system. Additionally, folate, along with other B vitamins, helps to regulate homocysteine, an amino acid that is linked to an increase in the risk of cardiovascular disease when present in high concentrations.





**VEGETABLE SAMOSA PIE**  
(SEE RECIPE, PAGE 60)



## POTATO, CELERY ROOT & PEAR GRATIN

(SEE RECIPE, PAGE 60)

### *The good root:*

A member of the Apiaceae family of vegetables, celery root (aka celeriac) is a plentiful source of essential minerals such as phosphorus, iron, copper and calcium. Necessary for cell metabolism, phosphorus is a component of the energy-carrying molecule adenosine triphosphate (ATP) while both iron and copper help prevent anemia – plus calcium is essential for strong bones and teeth.



## Super seed:

Quinoa is rich in minerals such as manganese and magnesium, both of which are necessary for bone health. Manganese is also a part of an enzyme called superoxide dismutase, or SOD, which works as an antioxidant in the body, protecting against free radical damage.



## CAULIFLOWER & QUINOA PATTIES

### WITH MEDITERRANEAN SALAD

**SERVES 6.**

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 55 MINUTES (PLUS COOLING TIME).

Parmesan, garlic and herbs add big flavor to these easy patties while a fresh, feta-topped tomato and olive salad is served alongside.

#### INGREDIENTS:

- 6 cups cauliflower florets (about 1 small cauliflower)
- 2 cloves garlic, minced
- 1 egg, plus 1 egg white, beaten
- 1 cup cooked quinoa

- 2 tbsp finely chopped fresh flat-leaf parsley leaves
- $\frac{3}{4}$  cup whole-wheat flour
- $\frac{1}{2}$  cup grated Parmesan cheese
- $\frac{3}{4}$  tsp baking powder
- $\frac{1}{2}$  tsp dried oregano
- Sea salt and fresh ground black pepper, to taste
- 2 tbsp grape seed or safflower oil, divided

### MEDITERRANEAN SALAD

- 4 plum tomatoes, finely chopped
- 2 scallions, thinly sliced
- $\frac{1}{2}$  cup chopped pitted Kalamata olives
- $\frac{1}{4}$  cup chopped fresh mint leaves
- 2 tbsp fresh lemon juice
- $\frac{1}{2}$  cup crumbled feta cheese

#### INSTRUCTIONS:

**ONE:** Prepare salad: In a small bowl, combine tomatoes, scallions, olives, mint and lemon juice; stir in feta. Set aside.

**TWO:** In a large saucepan of boiling salted water, add cauliflower and cook until very tender, about 8 minutes. Drain well and transfer to a large bowl. Roughly mash cauliflower with a potato masher to pea-size pieces; let cool for 15 minutes.

**THREE:** Stir in garlic, egg and egg white, quinoa and parsley. In a separate bowl, whisk flour, Parmesan, baking powder, oregano, salt and pepper; stir flour mixture into quinoa mixture until just combined.

**FOUR:** Using  $\frac{1}{4}$  cup mixture for each, roll into balls, then flatten slightly to form  $\frac{3}{4}$ -inch-thick round patties. Repeat with remaining mixture to make a total of 18 patties.

**FIVE:** In a large nonstick skillet on medium, heat 1 tbsp oil. Add half of patties and cook for about 8 minutes, using 2 utensils to help turn them halfway, until golden and cooked through. Transfer to a paper towel-lined plate and repeat with remaining 1 tbsp oil and other half of patties. Serve with salad.

#### NUTRIENTS PER SERVING (3 PATTIES AND $\frac{3}{4}$ CUP SALAD):

**CALORIES:** 269, **TOTAL FAT:** 14 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 4.5 g, **CARBS:** 26 g, **FIBER:** 5.5 g, **SUGARS:** 4 g, **PROTEIN:** 12 g, **SODIUM:** 571 mg, **CHOLESTEROL:** 48 mg



## VEGETABLE SOCCA

### WITH CARAMELIZED ONIONS

**SERVES 4.**

**HANDS-ON TIME:** 20 MINUTES.

**TOTAL TIME:** 1 HOUR, 30 MINUTES.

A socca is a savory pancake made with chickpea flour – our version has zucchini and bell pepper baked into the batter. Toasted nuts, goat cheese and caramelized onions top it off for a gorgeous meal.

#### INGREDIENTS:

- 1 cup chickpea flour
- 1 tbsp olive oil
- ¼ tsp sea salt
- Olive oil cooking spray
- 1 small red bell pepper, diced
- 1 zucchini, trimmed and diced
- ½ tsp red pepper flakes, or to taste
- ½ cup crumbled soft goat cheese
- ¼ cup chopped toasted unsalted Brazil nuts or hazelnuts

#### CARAMELIZED ONIONS

- 2 tsp olive oil
- 2 large Spanish or white onions, thinly sliced
- 1 tbsp balsamic vinegar
- 1 tbsp chopped fresh rosemary leaves
- Sea salt and fresh ground black pepper, to taste

#### INSTRUCTIONS:

**ONE:** In a large bowl, whisk flour, ¾ cup plus 2 tbsp water, 1 tbsp oil and ¼ tsp salt; cover and let stand at room temperature for 1 hour.

**TWO:** Meanwhile, mist a medium skillet with cooking spray and heat on medium-high. Add bell pepper, zucchini and pepper flakes and cook, stirring often, until tender, about 5 minutes. Transfer to a small bowl and let cool slightly.

**THREE:** Prepare Caramelized Onions: Wipe out skillet and return to stove top on medium-high; add 2 tsp oil. Add onions and cook, stirring often, until softened, about 5 minutes. Reduce heat to medium-low; add ¼ cup water, vinegar, rosemary, salt and pepper. Cook, stirring occasionally, until onions are dark golden and

liquid has mostly evaporated, 20 to 30 minutes. Set aside and cover to keep warm (or reheat when ready to serve).

**FOUR:** Preheat oven to 450°F. Mist bottom and sides of a 9-inch cast iron (or heavy duty oven-proof) skillet with cooking spray. Stir zucchini mixture into batter; pour batter into prepared skillet.

**FIVE:** Transfer skillet to oven and bake until socca is firm in center, 16 to 20 minutes. Let stand for 5 minutes before cutting into wedges. Sprinkle with cheese and nuts and serve with caramelized onions.

#### NUTRIENTS PER SERVING (¼ OF PANCAKE WITH TOPPINGS):

**CALORIES:** 274, **TOTAL FAT:** 16 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 25 g, **FIBER:** 5 g, **SUGARS:** 8 g, **PROTEIN:** 10 g, **SODIUM:** 250 mg, **CHOLESTEROL:** 5 mg



# SUSHI-STYLE BLACK RICE SALAD

(SEE RECIPE, PAGE 61)





## POTATO, CELERY ROOT & PEAR GRATIN

**SERVES** 6.

**HANDS-ON TIME:** 20 MINUTES.

**TOTAL TIME:** 1 HOUR, 45 MINUTES.

This comforting vegetable dish is perfect for a weeknight meal – and impressive enough to serve for company.

### INGREDIENTS:

- Olive oil cooking spray
- 1 tbsp olive oil
- 1 leek, white and light green parts only, thinly sliced
- 2 cloves garlic, minced
- 1 12-oz BPA-free can evaporated milk
- 1 tbsp chopped fresh thyme leaves
- ¼ tsp ground nutmeg
- Sea salt and fresh ground black pepper, to taste
- 1 celery root (about 1½ lb), peeled and sliced ⅛ inch thick
- 2 yellow-fleshed potatoes (about ½ lb each), peeled and sliced ⅛ inch thick
- 2 firm ripe pears (about ½ lb each), peeled, cored, and sliced crosswise into ⅛-inch-thick rounds
- ¼ cup grated Parmesan cheese

### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. Mist an 8 x 10-inch baking dish with cooking spray.

**TWO:** In a medium saucepan on medium, heat oil; add leeks and garlic and cook, stirring

occasionally, until softened, about 5 minutes. Stir in milk, thyme, nutmeg, salt and pepper, and bring to a boil (still on medium). Remove from heat.

**THREE:** Reserving most of milk mixture, line base of dish with leeks using a slotted spoon. Arrange alternating slices of celery root, potatoes and pears, starting with edges of dish then filling center with slices to fit.

**FOUR:** Pour milk mixture evenly over top. Loosely cover with foil and bake for 1 hour. Remove cover, sprinkle with cheese and continue baking until tender and golden brown, 20 to 30 minutes more. Let stand for 5 minutes before serving.

### NUTRIENTS PER SERVING

(½ OF GRATIN):

**CALORIES:** 268, **TOTAL FAT:** 9 g, **SAT.**

**FAT:** 4 g, **MONOUNSATURATED**

**FAT:** 4 g, **POLYUNSATURATED**

**FAT:** 1 g, **CARBS:** 41 g, **FIBER:** 5 g,

**SUGARS:** 16 g, **PROTEIN:** 9 g,

**SODIUM:** 262 mg, **CHOLESTEROL:** 21 mg

## VEGETABLE SAMOSA PIE WITH CILANTRO ALMOND CHUTNEY

**SERVES** 8.

**HANDS-ON TIME:** 40 MINUTES.

**TOTAL TIME:** 1 HOUR, 35 MINUTES.

We've taken the best part of a samosa – that pillowy, perfectly spiced potato filling – and turned it into a pie with other flavorful vegetables like carrots and cauliflower. A fresh, cooling chutney balances the heat.

### INGREDIENTS:

- Olive oil cooking spray
- 2 cups peeled and diced yellow-fleshed or new potatoes
- 2 cups peeled and diced carrots
- 1½ cups very small cauliflower florets
- 1 tbsp safflower oil

- 1 tsp fennel seeds
- 1 tsp brown or black mustard seeds
- 1 tsp ground fenugreek seeds
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 1½ cups diced organic tempeh or firm tofu
- 1 tbsp peeled and grated fresh ginger
- 2 tsp ground coriander
- ¾ tsp ground turmeric
- Sea salt and fresh ground black pepper, to taste
- 2 plum tomatoes, diced
- 1½ cups frozen peas
- ½ cup low-sodium vegetable broth or water
- 1 tbsp fresh lemon juice
- 1 tbsp whole milk or non-dairy milk, divided

### DOUGH

- 1½ cups whole-wheat pastry flour, plus additional for dusting
- 1 tsp cumin seeds
- ¼ tsp sea salt
- 2 tbsp safflower oil
- 1 tbsp apple cider vinegar (**TRY:** Bragg Organic Apple Cider Vinegar)

### CHUTNEY

- ½ cup chopped raw unsalted almonds
- 1 tbsp chopped seeded jalapeño chile pepper
- 1 scallion, chopped
- 4 tsp fresh lemon juice
- 4 cups lightly packed fresh cilantro leaves

### INSTRUCTIONS:

**ONE:** Prepare dough: In a large bowl, whisk flour, cumin and ¼ tsp salt. In a small bowl, whisk 2 tbsp oil and vinegar with ⅓ cup cold water; add to dry ingredients. Mix just until dough holds together, adding 1 tbsp cold water at a time, if necessary, up to 3 tbsp, until it forms a



ragged dough. Press into a disk then wrap in plastic wrap and refrigerate for 30 minutes.

**TWO:** Meanwhile, prepare filling: mist a deep-dish 9-inch pie pan with cooking spray; set aside. In a medium saucepan of boiling salted water, cook potatoes, carrots and cauliflower until tender, about 8 minutes; drain.

**THREE:** In a large skillet on medium, heat 1 tbsp oil. Add fennel, mustard and fenugreek seeds, and cook just until they begin to pop, about 1 minute. Add onion, garlic, tempeh, ginger, coriander, turmeric, salt and pepper and cook until onion is softened, 6 to 8 minutes. Stir in potato mixture, tomatoes, peas and broth; cook, stirring occasionally, for 6 to 8 minutes or until most of liquid has evaporated. Stir in 1 tbsp lemon juice. Transfer to prepared pie plate, spreading evenly; set aside.

**FOUR:** Prepare chutney: In a food processor, blend almonds, jalapeño, scallion and 4 tsp lemon juice. Add cilantro; blend, stopping to scrape sides once or twice, until smooth.

**FIVE:** Preheat oven to 375°F. Brush edge of pie pan with ½ tbsp milk.

**SIX:** On a lightly floured surface, roll out dough to an 11-inch circle. Place on top of filling; trim edges to leave 1-inch overhang. Fold under and flute, pressing edges lightly to adhere to pan. Brush remaining ½ tbsp milk over pastry; with a thin knife, cut steam vents in top.





**SEVEN:** Bake until crust is golden, about 45 minutes. Let stand 10 minutes before cutting. Serve with chutney.

**NUTRIENTS PER SERVING** (1/2 OF PIE AND 2 TBSP CHUTNEY):

**CALORIES:** 324, **TOTAL FAT:** 13 g, **SAT.**

**FAT:** 1.5 g, **MONOUNSATURATED**

**FAT:** 4 g, **POLYUNSATURATED**

**FAT:** 6 g, **CARBS:** 42 g, **FIBER:** 9 g,

**SUGARS:** 5 g, **PROTEIN:** 13 g,

**SODIUM:** 181 mg, **CHOLESTEROL:** 0 mg

## SUSHI-STYLE BLACK RICE SALAD

WITH WASABI VINAIGRETTE

**SERVES 4.**

**HANDS-ON TIME:** 15 MINUTES.

**TOTAL TIME:** 1 HOUR, 10 MINUTES.

We've taken all your favorite sushi ingredients – nori, pickled ginger, rice and more – and put

them in a salad tossed with a pungent wasabi dressing.

### INGREDIENTS:

- 1 cup black Japonica rice (**TRY:** Lundberg Black Japonica Rice)
- 1 cup frozen shelled edamame
- 6 radishes, trimmed and cut into wedges
- 2 scallions, sliced
- 3 cups lightly packed baby spinach leaves
- 2 cups seeded and chopped English cucumber
- 1/2 cup chopped avocado, optional
- 1/4 cup pickled ginger, optional
- 1 sheet toasted nori, cut into matchstick-size strips
- 1 tbsp toasted sesame seeds

### VINAIGRETTE

- 1 tbsp wasabi paste
- 1 tbsp olive oil mayonnaise
- 3 tbsp rice vinegar

- 2 tbsp reduced-sodium soy sauce
- 2 tsp sesame oil

### INSTRUCTIONS:

**ONE:** Prepare vinaigrette: In a small bowl, whisk wasabi and mayonnaise until smooth; whisk in vinegar, soy sauce and oil. Set aside.

**TWO:** Cook rice according to package directions. Remove from heat and let stand, covered, for 10 minutes. Transfer to a large bowl and toss with half of vinaigrette. Let cool for 15 minutes.

**THREE:** Meanwhile, in a small pot of boiling water, add edamame and cook for 3 to 4 minutes, until tender. Drain and rinse with cold water; drain again.

**FOUR:** To bowl with rice, add radish, scallions, spinach,



cucumber, edamame, avocado and ginger (if using); toss gently to combine. Divide evenly among plates and drizzle with remaining dressing. Garnish with nori and sesame seeds.

**NUTRIENTS PER SERVING** (2 CUPS):

**CALORIES:** 373, **TOTAL FAT:** 13 g, **SAT.**

**FAT:** 2 g, **MONOUNSATURATED FAT:** 3 g,

**POLYUNSATURATED FAT:** 4 g,

**CARBS:** 54 g, **FIBER:** 8 g, **SUGARS:** 6 g,

**PROTEIN:** 16 g, **SODIUM:** 428 mg,

**CHOLESTEROL:** 1 mg

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BY CARA LYONS, PHOTOGRAPHY BY KELLY BRISSON



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## Mediterranean Lamb & Eggplant Bolognese

**SERVES 4. HANDS-ON TIME: 30 MINUTES.**

**TOTAL TIME: 40 MINUTES.**

Bolognese is a traditional Italian tomato and meat sauce that simmers gently to thicken. Our version features ground lamb and eggplant for rich and filling flavor.

### INGREDIENTS:

- 1 tsp olive oil
- 1 yellow onion, diced
- 1 large eggplant (about 1½ lb), trimmed and diced
- ½ lb ground lamb
- 2 cloves garlic, minced
- ½ tsp sea salt
- 2 cups BPA-free canned, jarred or boxed unsalted diced tomatoes
- 1 tbsp unsalted tomato paste
- 1 tbsp balsamic vinegar
- ¾ tsp dried oregano
- ½ tsp ground cinnamon
- ¼ tsp fresh ground black pepper
- ½ lb whole-grain spaghetti
- 2 oz feta cheese, crumbled
- 2 tbsp chopped fresh mint leaves

### INSTRUCTIONS:

**ONE:** In a large nonstick skillet on medium, heat oil. Add onion and eggplant and sauté, stirring often, until softened and beginning to brown, 8 to 10 minutes.

**TWO:** Increase heat to medium-high. Add lamb, garlic and salt and cook for about 5 minutes, breaking up with a wooden spoon, until lamb is browned. Add tomatoes, tomato paste, vinegar, oregano, cinnamon, pepper and ½ cup water. Reduce heat to medium-low and simmer until eggplant is tender, about 15 minutes.

**THREE:** Meanwhile, cook pasta according to package directions. Drain; divide among serving bowls. Spoon Bolognese over pasta and sprinkle cheese and mint over top.

### NUTRIENTS PER SERVING

(1 CUP SPAGHETTI AND 1 CUP BOLOGNESE):

**CALORIES:** 466, **TOTAL FAT:** 17 g, **SAT. FAT:** 8 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 47 g, **FIBER:** 12 g, **SUGARS:** 12 g, **PROTEIN:** 23 g, **SODIUM:** 441 mg, **CHOLESTEROL:** 54 mg

## California Salmon Patties

WITH SPINACH & CREAMY TOMATO VINAIGRETTE

**SERVES 4. HANDS-ON TIME: 30 MINUTES.**

**TOTAL TIME: 50 MINUTES (PLUS COOLING TIME).**

Eggs and arrowroot starch help hold these California-fresh patties together, while quinoa, scallions, lemon zest and dill give them flavor and a nutrition boost. If desired, set aside a few tablespoons of the homemade dressing to use as a dipping sauce or drizzle over the patties.

### INGREDIENTS:

- ¾ cup quinoa (**TRY:** NOW Foods Living Now Organic Quinoa)
- ¼ cup dry-packed sun-dried tomatoes (not packed in oil or water)
- 2 large eggs, beaten
- 1 6-oz BPA-free can or pouch wild salmon, drained and flaked
- ¼ cup thinly sliced scallions, white and light green parts only
- 3 tbsp arrowroot starch
- 1 tsp lemon zest
- 1 tsp dried dill
- ½ tsp fresh ground black pepper
- ½ tsp sea salt, divided
- 1 clove garlic, halved
- ½ cup plain yogurt
- ¼ cup balsamic vinegar
- 1 5-oz pkg fresh baby spinach

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Cook quinoa according to package directions; set aside to cool to room temperature.

**TWO:** To a small heat-proof bowl, add tomatoes. Pour boiling water over top; set aside for about 10 minutes.

**THREE:** Meanwhile, in a large bowl, combine quinoa, eggs, salmon, scallions, arrowroot, lemon zest, dill, pepper and ¼ tsp salt. Mix until well combined. On a large, parchment-lined baking sheet, use a ⅓-cup measure to scoop mixture into 8 mounds. With wet fingertips, shape and flatten each mound into a ½-inch-thick patty. Bake for 15 minutes, then gently turn patties over and bake for an additional 8 to 10 minutes, until browned on both sides.

**FOUR:** Meanwhile, drain tomatoes and transfer to a small food processor. Add garlic, yogurt, vinegar and remaining ¼ tsp salt. Process until blended. (**NOTE:** Some small bits of tomato may remain.)

**FIVE:** In a large bowl, toss spinach with yogurt mixture until lightly coated; divide among serving plates. Top each serving with 2 patties.

### NUTRIENTS PER SERVING

(2 PATTIES AND 1 CUP SPINACH):

**CALORIES:** 312, **TOTAL FAT:** 9 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 37 g, **FIBER:** 5 g, **SUGARS:** 5.5 g, **PROTEIN:** 20 g, **SODIUM:** 528 mg, **CHOLESTEROL:** 112 mg

TUESDAY

COST PER  
PLATE  
**\$2.87**

FULL RECIPE  
**\$11.49**







COST PER  
PLATE  
**\$2.51**

WEDNESDAY

FULL RECIPE  
**\$10.03**

## Creamy Curried Chicken & Apples

**SERVES 4. HANDS-ON TIME: 25 MINUTES.**  
**TOTAL TIME: 40 MINUTES.**

This flavorful Indian-inspired dish is brimming with sweet, salty, savory and spicy notes. Use full-fat yogurt so that it won't curdle when added to the hot skillet.

### INGREDIENTS:

- 4 boneless, skinless chicken thighs (about 1 lb), cut into 2-inch chunks
- ½ tsp each sea salt and fresh ground black pepper
- 1 tsp olive oil
- 1 yellow onion, thinly sliced
- 2 large sweet apples, such as Gala, cored and sliced
- 2 cloves garlic, minced
- 1 cup low-sodium chicken broth
- ½ cup full-fat plain yogurt
- 1 tbsp yellow curry powder
- ¼ tsp ground ginger
- ¼ tsp ground cumin
- 1½ cups whole-wheat couscous
- ¼ cup chopped fresh cilantro leaves

### INSTRUCTIONS:

**ONE:** Season chicken with salt and pepper. In a large skillet on medium-high, heat oil. Add chicken and cook until browned, about

1½ minutes per side. Transfer chicken to a plate and cover to keep warm.

**TWO:** Reduce heat to medium. Add onion and sauté until softened, about 5 minutes. Add apples and garlic and sauté for 1 minute more. Add broth, yogurt, curry powder, ginger and cumin. Stir well. Return chicken to pan, nestling into sauce. Reduce heat to medium-low, cover and simmer for 20 minutes.

**THREE:** Meanwhile, prepare couscous according to package directions. Divide couscous and chicken mixture among plates. Sprinkle with cilantro.

**NUTRIENTS PER SERVING** (1½ CUPS CHICKEN-APPLE MIXTURE AND ¼ OF COUSCOUS):

**CALORIES:** 444, **TOTAL FAT:** 8 g, **SAT. FAT:** 2.5 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 63 g, **FIBER:** 11 g, **SUGARS:** 13 g, **PROTEIN:** 33 g, **SODIUM:** 389 mg, **CHOLESTEROL:** 111 mg

THURSDAY

COST PER  
PLATE  
**\$3.63**

FULL RECIPE  
**\$14.52**

## Southern Slow-Cooker Pulled Chicken

**SERVES 4. HANDS-ON TIME: 40 MINUTES.**  
**TOTAL TIME: 4 HOURS, 15 MINUTES.**

Take a trip to New Orleans with this satisfying Southern comfort meal without all the calories. Plan your prep time so that the polenta will be done just as the slow-cooker mixture is finishing up.

### INGREDIENTS:

- 1 lb boneless, skinless chicken breasts
- 1 cup BPA-free canned black beans, drained and rinsed
- 1 cup all-natural salsa
- 1 cup low-sodium chicken broth
- ½ cup unsalted tomato sauce
- 1 tsp olive oil
- 1 jalapeño chile pepper, seeded and minced
- 1 clove garlic, minced
- 1 cup medium-grind organic yellow cornmeal (**TRY:** Bob's Red Mill Medium Grind Cornmeal)
- ½ cup shredded cheddar cheese
- ½ tsp fresh ground black pepper
- ½ cup loosely packed chopped fresh cilantro leaves
- 1 lime, cut into wedges

### INSTRUCTIONS:

**ONE:** To a 5- or 6-quart slow cooker, add chicken, beans, salsa, broth and tomato sauce. Stir to combine. Cover and cook on high for 4 hours or on low for 6 to 8 hours.

**TWO:** About 40 minutes before end of cooking time, prepare polenta: In a medium saucepan on medium, heat oil. Add jalapeño and garlic and sauté for 1 minute. Add 3 cups water. Increase heat to high and bring to a boil. In a medium bowl, combine cornmeal and 1 cup water. Pour cornmeal mixture slowly into boiling water in saucepan, stirring constantly to prevent lumps. Reduce heat to medium and simmer, uncovered, for 15 to 20 minutes, stirring often, until polenta thickens. Add cheese and black pepper, stirring to melt cheese.

**THREE:** Remove chicken from slow cooker and place on a cutting board. Using 2 forks, shred chicken into bite-size pieces; return to slow cooker and stir in cilantro.

**FOUR:** Divide polenta among serving bowls and top with chicken-bean mixture. Serve with lime wedges.

**NUTRIENTS PER SERVING** (1 CUP CHICKEN MIXTURE AND ¾ CUP POLENTA):

**CALORIES:** 417, **TOTAL FAT:** 11 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3.5 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 43 g, **FIBER:** 8 g, **SUGARS:** 2.5 g, **PROTEIN:** 31 g, **SODIUM:** 474 mg, **CHOLESTEROL:** 80 mg



FRIDAY

COST PER  
PLATE  
**\$2.04**

FULL RECIPE  
**\$8.16**

## Chickpea & Kale Shakshouka

**SERVES 4. HANDS-ON TIME: 20 MINUTES.**  
**TOTAL TIME: 30 MINUTES.**

This Tunisian-style recipe features the flavors and health benefits of Mediterranean-style dining. While tomatoes figure prominently in the original dish, we've added chickpeas and kale for a clean-eating twist.

### INGREDIENTS:

- 1 tsp olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp smoked paprika
- ¼ tsp sea salt
- ¼ tsp ground cayenne pepper
- 1 15-oz BPA-free can unsalted chickpeas, drained and rinsed
- 2 cups BPA-free canned, jarred or boxed unsalted diced tomatoes (**TRY:** Jovial Organic Diced Tomatoes)
- 1 large bunch kale, stemmed and chopped (about 10 cups loosely packed)
- 4 large eggs
- 2 oz feta cheese, crumbled

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. In a large ovenproof nonstick skillet on medium, heat oil. Add onion and sauté for about 5 minutes, until softened. Add garlic, cumin, coriander, paprika, salt and cayenne. Cook, stirring, for 1 minute more.

**TWO:** Add chickpeas, tomatoes and 1½ cups water. Increase heat to medium-high and bring to a simmer. Add kale, a few handfuls at a time, stirring with each addition until kale wilts. When all kale has been added, reduce heat to medium-low and cook until kale is tender, 5 minutes.

**THREE:** Turn off heat. With the back of a spoon, create 4 shallow indentations in vegetable mixture. In a small bowl, crack 1 egg; slide into 1 indentation. Repeat with remaining eggs. Sprinkle cheese over eggs and vegetable mixture. Transfer skillet to oven and cook until eggs are set, 8 to 10 minutes.

### NUTRIENTS PER SERVING (1 EGG AND ¼ OF VEGETABLE MIXTURE):

**CALORIES:** 356, **TOTAL FAT:** 11.5 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3.5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 44 g, **FIBER:** 13 g, **SUGARS:** 11 g, **PROTEIN:** 23 g, **SODIUM:** 427 mg, **CHOLESTEROL:** 199 mg

### Nutrient-packed dish

Our shakshouka is chock-full of kale – Mother Nature's multivitamin. Kale is brimming with immune-boosting vitamin C, vision-supportive vitamin A as well as bone-protective vitamin K.



WE'VE CREATED YOUR SHOPPING LIST FOR 5 FAMILY-FRIENDLY WEEKNIGHT DINNERS!

**MONDAY**

Mediterranean Lamb  
& Eggplant Bolognese

- 1 yellow onion \$0.75
- 1 large eggplant (about 1¼ lb) \$1.99
- ½ lb ground lamb \$3.75
- 2 cloves garlic \$0.20
- ½ box (½ lb) whole-grain spaghetti \$1.25
- 2 oz feta cheese \$1.00
- ½ bunch fresh mint \$1.00

**Total: \$9.94**

**PANTRY STAPLES**

- Olive oil
- Sea salt
- BPA-free canned, boxed or jarred unsalted diced tomatoes
- Unsalted tomato paste
- Balsamic vinegar
- Dried oregano
- Ground cinnamon
- Fresh ground black pepper

**TUESDAY**

California  
Salmon Patties

- ¾ cup quinoa \$1.26
- 1 oz dry-packed sun-dried tomatoes (not packed in oil or water) \$0.77
- 2 large eggs \$0.67
- 1 6-oz BPA-free can or pouch wild salmon \$3.99
- ½ bunch scallions \$0.50
- 1 lemon \$0.75
- 1 clove garlic \$0.10
- ½ cup plain yogurt \$0.46
- 1 5-oz pkg fresh baby spinach \$2.99

**Total: \$11.49**

**PANTRY STAPLES**

- Arrowroot starch
- Dried dill
- Fresh ground black pepper
- Sea salt
- Balsamic vinegar

**WEDNESDAY**

Creamy Curried  
Chicken & Apples

- 4 boneless, skinless chicken thighs (1 lb) \$4.99
- 1 yellow onion \$0.75
- 2 large sweet apples (such as Gala) \$2.39
- 2 cloves garlic \$0.20
- ½ cup full-fat plain yogurt \$0.46
- 1½ cups whole-wheat couscous \$0.74
- ¼ bunch fresh cilantro \$0.50

**Total: \$10.03**

**PANTRY STAPLES**

- Sea salt
- Fresh ground black pepper
- Olive oil
- Low-sodium chicken broth
- Yellow curry powder
- Ground ginger
- Ground cumin

**THURSDAY**

Southern Slow-Cooker  
Pulled Chicken

- 1 lb boneless, skinless chicken breasts \$7.99
- ⅓ of a 15-oz BPA-free can unsalted black beans \$1.37
- 1 cup all-natural salsa \$1.40
- 1 jalapeño chile pepper \$0.88
- 1 clove garlic \$0.10
- 1 cup medium-grind organic yellow cornmeal \$0.66
- 2 oz cheddar cheese \$0.62
- ½ bunch cilantro \$1.00
- 1 lime \$0.50

**Total: \$14.52**

**PANTRY STAPLES**

- Low-sodium chicken broth
- Unsalted tomato sauce
- Olive oil
- Fresh ground black pepper

**FRIDAY**

Chickpea & Kale  
Shakshouka

- 1 yellow onion \$0.75
- 4 cloves garlic \$0.40
- 1 15-oz BPA-free can unsalted chickpeas \$2.39
- 1 large bunch kale \$2.29
- 4 large eggs \$1.33
- 2 oz feta cheese \$1.00

**Total: \$8.16**

**PANTRY STAPLES**

- Olive oil
- Ground cumin
- Ground coriander
- Smoked paprika
- Sea salt
- Ground cayenne pepper
- BPA-free canned, boxed or jarred unsalted diced tomatoes

Southern Slow-Cooker  
Pulled Chicken

(SEE RECIPE P. 64)





GIRLS WAVING MARIDAV/SHUTTERSTOCK, TREES ALEX SUN/SHUTTERSTOCK, MOTHER & SON MAX TOPCHII/SHUTTERSTOCK, COUPLE GARDENING PRESSMASTERS/SHUTTERSTOCK, GIRL WITH UMBRELLA DASHA PETRENKO/SHUTTERSTOCK



meal plan // recipes

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# DROP THOSE EXTRA POUNDS

with Our Specialized

## Low-Calorie MEAL PLAN

With bikini season around the bend, start prepping now with this easy-to-follow plan. See how satisfying it tastes and feels to trim calories and shed weight for good!

BY HEATHER BAINBRIDGE, RD, CDN  
RECIPE PHOTOGRAPHY BY NATALIE PERRY





SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 4 oz feta cheese
- 2 oz Parmesan cheese
- 1 dozen eggs
- ½ qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ qt whole buttermilk
- 1 12-oz BPA-free can evaporated milk
- 1 16-oz container cottage cheese
- 1 17.6-oz container plain Greek yogurt (TRY: FAGE Total Classic)
- 2 lb top sirloin steak
- 2 5-oz boneless, skinless chicken breasts
- 1 4-oz boneless pork chop
- 1 5-oz boneless, skinless cod fillet
- 2 all-natural veggie burgers (TRY: Amy's California Veggie Burger)

VEGGIES & FRUITS

- 4 apples
- 2 bananas
- 2 grapefruits
- 1 kiwi
- 2 oranges
- 2 pears
- 2 bunches fresh thyme
- 1 bunch fresh mint
- 1 large bunch kale
- 1 celery root (about 1½ lb)
- 15 oz spring mix salad
- 1 lb asparagus
- 1 large head broccoli
- 5½ oz carrots
- 12 oz assorted fresh mushrooms (cremini, shiitake, oyster, baby bella)
- 2 heads garlic
- 1 leek
- 3 lemons
- 1 small red onion
- 2 sweet potatoes
- 2 yellow potatoes
- 2 tomatoes
- 1 yellow onion

WHOLE GRAINS

- 1 loaf whole-wheat bread

- 1 box whole-grain cereal
- 1 bag barley flour
- 1 bag whole-wheat pastry flour
- 1 box whole-grain penne pasta

NUTS, SEEDS & OILS




- 1 jar natural, unsalted nut butter
- 5 oz raw unsalted walnut halves
- 1 bottle extra-virgin olive oil (TRY: Whole Foods Market Extra Virgin Olive Oil of Portugal)
- 1 bottle olive oil
- 1 bottle safflower oil

EXTRAS

- 1 bottle ground cinnamon
- 1 bottle ground nutmeg
- 1 bottle garlic powder
- 1 bottle dried rosemary
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 bottle smoked paprika
- 1 bottle ground cayenne pepper
- 1 container baking powder
- 1 box baking soda
- 1 bag Sucanat (TRY: Wholesome Sweeteners Organic Sucanat)
- 1 bottle pure vanilla extract
- 1 jar marinara sauce
- 1 jar unsalted diced tomatoes
- 1 15-oz BPA-free can unsalted chickpeas
- 1 8-oz container hummus
- 1 jar Dijon mustard
- 1 jar Kalamata olives
- 1 bottle reduced-sodium soy sauce
- 1 bottle balsamic vinegar
- 1 bag red lentils
- 1 bag frozen edamame pods
- 1 bag frozen Swiss chard (TRY: Earthbound Farms Organic Rainbow Swiss Chard)
- 1 bag frozen peaches
- 1 bag frozen raspberries
- 1 bag frozen strawberries
- 1 container vanilla protein powder
- 1 container muffin liners





WHAT ELSE DO YOU NEED?

MEAL PLAN: WEEK 1

	MONDAY	TUESDAY
BREAKFAST	<b>Banana Cereal:</b> Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk	1 Buttermilk Orange Muffin (leftovers, p. 72) with 1½ tbsp nut butter 
SNACK	1 Buttermilk Orange Muffin (see recipe, p. 72; save leftovers) ½ cup cottage cheese	½ grapefruit (save leftovers)
LUNCH	<b>Veggie Burger:</b> Arrange 1 veggie burger, cooked, ¼ cup spring mix, 1 tomato slice and 1 red onion slice between 2 slices bread, toasted  1 orange	1 serving Steak with Marinated Mushroom & Asparagus Medley (leftovers, p. 72)  Remaining ½ grapefruit (leftovers) 
SNACK	1 cup broccoli florets with 2 tbsp hummus	¾ cup Greek yogurt with 1 cup frozen raspberries, thawed
DINNER	1 serving Steak with Marinated Mushroom & Asparagus Medley (see recipe, p. 72; save leftovers) 	<b>Lemon Pepper &amp; Thyme Cod</b> <b>A</b>  1 sweet potato, baked; drizzle with 1 tsp EVOO  1 cup broccoli and 1 clove garlic, minced, steamed; toss with ½ tsp vinegar and ¼ tsp soy sauce
TOTAL NUTRIENTS	<b>CALORIES:</b> 1,482, <b>FAT:</b> 47 g, <b>SAT. FAT:</b> 13 g, <b>CARBS:</b> 183 g, <b>FIBER:</b> 36 g, <b>SUGARS:</b> 72 g, <b>PROTEIN:</b> 108 g, <b>SODIUM:</b> 2,208 mg, <b>CHOLESTEROL:</b> 181 mg	<b>CALORIES:</b> 1,412, <b>FAT:</b> 61 g, <b>SAT. FAT:</b> 18 g, <b>CARBS:</b> 128 g, <b>FIBER:</b> 29 g, <b>SUGARS:</b> 51 g, <b>PROTEIN:</b> 98.5 g, <b>SODIUM:</b> 1,190 mg, <b>CHOLESTEROL:</b> 273 mg

**NOTE:** Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yogurt Crunch:</b> Top ¾ cup Greek yogurt with ½ cup cereal and 1 cup frozen raspberries, thawed	<b>Raspberry &amp; Peach Smoothie:</b> Blend ¾ cup buttermilk, ½ cup each frozen raspberries and frozen peaches and ¼ cup protein powder with ice	<b>Banana Cereal:</b> Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk	<b>Minted Berry &amp; Yogurt Smoothie:</b> Blend ½ cup each milk and Greek yogurt, ½ cup frozen strawberries, ¼ cup protein powder and 2 tbsp fresh mint with ice	<b>Fruity Cottage Cheese Yogurt Blend:</b> Combine ½ cup each cottage cheese, frozen peaches and frozen strawberries, thawed, 2 tbsp Greek yogurt and 1 tbsp torn fresh mint
1 Buttermilk Orange Muffin (leftovers, p. 72)	½ oz walnut halves 	½ cup cottage cheese with ½ cup frozen peaches, thawed	1 Buttermilk Orange Muffin (leftovers, p. 72, thawed and toasted) with 2 tsp nut butter	1 slice bread, toasted, with 2 tsp nut butter
1 slice bread, toasted, with 1½ tbsp nut butter; sprinkle with cinnamon and nutmeg 1 apple	<b>Beef &amp; Red Lentil Salad:</b> Combine 3 cups spring mix, 1 serving Steak with Marinated Mushroom & Asparagus Medley (leftovers, p. 72), cooked red lentils (leftovers), 1 tbsp shredded Parmesan and 2 tbsp marinade from Medley (leftovers, p. 72)	Potato, Celery Root & Pear Gratin (see recipe, p. 60) 	<b>Marinated Mushroom &amp; Asparagus Medley Omelette:</b> Sauté ½ cup Medley (leftovers, p. 72, thawed) for 1 minute; whisk 1 egg and 1 tbsp water; pour in pan. When almost set, add 1 tbsp feta; cook until set, fold, cook 1 minute more 1 slice bread 1 apple	<b>Steak Salad</b> <b>C</b> Remaining apple (from salad)
½ cup cottage cheese with 1 kiwi, sliced	1 apple	1 grapefruit	1 cup edamame, steamed 	1 carrot, sliced, with 2 tbsp hummus
Season 5 oz chicken with 2 tsp lemon juice, ½ tsp dried rosemary and pinch each salt and black pepper; bake <b>Red Lentils:</b> Simmer ½ cup red lentils in 1 cup broth or water (eat ¾ cup; save leftovers) ¾ cup frozen Swiss chard and 1 clove garlic, minced, steamed; top with 2 tbsp feta	Chickpea & Kale Shakshouka (see recipe, p. 65) 	<b>Mediterranean Chicken:</b> Top 5 oz chicken with 1 tbsp lemon juice, 1 clove garlic, minced, ¼ cup diced tomato, 1 tbsp diced red onion, 3 olives, sliced, and pinch each salt and black pepper; bake and top with ¼ tsp fresh thyme 1 cup edamame, steamed 1 cup broccoli, steamed; toss with 1 tsp lemon juice and 2 tbsp feta	<b>Mustard Parmesan Pork Chop:</b> Combine 1 tsp mustard, 2 tsp shredded Parmesan, ½ tsp garlic powder and pinch black pepper; spread over 4-oz pork chop; bake 1 sweet potato, baked; drizzle with 1 tsp EVOO <b>Spring Mix Salad</b> <b>B</b>	<b>Vegetable Pasta:</b> 2 oz penne, cooked; toss with ¾ cup Marinated Mushroom & Asparagus Medley (leftovers, p. 72, thawed) and ¾ cup marinara sauce <b>Spring Mix Salad</b> <b>B</b>
<b>CALORIES:</b> 1,351, <b>FAT:</b> 45 g, <b>SAT. FAT:</b> 19 g, <b>CARBS:</b> 159 g, <b>FIBER:</b> 35 g, <b>SUGARS:</b> 53 g, <b>PROTEIN:</b> 93.5 g, <b>SODIUM:</b> 2,054 mg, <b>CHOLESTEROL:</b> 220 mg	<b>CALORIES:</b> 1,409, <b>FAT:</b> 51.5 g, <b>SAT. FAT:</b> 15 g, <b>CARBS:</b> 130 g, <b>FIBER:</b> 34 g, <b>SUGARS:</b> 48 g, <b>PROTEIN:</b> 119 g, <b>SODIUM:</b> 1,512 mg, <b>CHOLESTEROL:</b> 339 mg	<b>CALORIES:</b> 1,325, <b>FAT:</b> 31 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 178 g, <b>FIBER:</b> 37 g, <b>SUGARS:</b> 85 g, <b>PROTEIN:</b> 100 g, <b>SODIUM:</b> 1,764 mg, <b>CHOLESTEROL:</b> 138 mg	<b>CALORIES:</b> 1,410, <b>FAT:</b> 54 g, <b>SAT. FAT:</b> 17 g, <b>CARBS:</b> 129 g, <b>FIBER:</b> 26 g, <b>SUGARS:</b> 36 g, <b>PROTEIN:</b> 104.5 g, <b>SODIUM:</b> 1,359 mg, <b>CHOLESTEROL:</b> 374 mg	<b>CALORIES:</b> 1,386, <b>FAT:</b> 47 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 170 g, <b>FIBER:</b> 37 g, <b>SUGARS:</b> 61 g, <b>PROTEIN:</b> 85 g, <b>SODIUM:</b> 2,056 mg, <b>CHOLESTEROL:</b> 106 mg

**Lemon Pepper & Thyme Cod:**

Season 5 oz cod with 2 tsp each minced red onion and lemon juice, ½ tsp each fresh thyme, soy sauce and EVOO, and pinch black pepper; bake

**Spring Mix Salad:**

Combine 2 cups spring mix, ¼ cup each sliced broccoli and carrot and 1 tbsp feta; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and ½ tsp mustard

**Steak Salad:**

Toss 3 cups spring mix, 4 oz steak (leftovers p. 72, thawed), ¼ cup each chopped apple and carrot and 1 tbsp chopped walnuts; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and ½ tsp mustard



## MEAL PLAN: WEEK 2

TEREAL TIMOLINA/SHUTTERSTOCK, SPINACH VOLOSINA/SHUTTERSTOCK, COTTAGE CHEESE EELNOSIVA/SHUTTERSTOCK, CARROTS BRENT HOFACKER/SHUTTERSTOCK

**NOTE:** *Clean Eating* shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.



EVOO = extra-virgin olive oil

MEAL  
PLAN

MEAL PLAN:  
WEEK 2

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Easy Egg Sandwich:</b> 2 slices bread, toasted, with 1 hard-boiled egg, sliced, and ½ oz goat cheese  ½ grapefruit (save leftovers)	<b>Minty Peach Smoothie:</b> Blend ¾ cup milk, ¼ cup Greek yogurt, ½ cup frozen peaches, ¼ cup protein powder and 2 tbsp fresh mint, with ice	<b>Berry Cereal:</b> Top 1 cup cereal with ½ cup frozen raspberries, thawed, and ¾ cup milk	1 Buttermilk Orange Muffin (leftovers, p. 72), thawed and toasted; top with 3 tbsp mashed avocado	<b>Berry Cottage Cheese:</b> Combine ½ cup cottage cheese, 1 cup frozen raspberries, thawed, and 1 tbsp chopped fresh mint
1 apple with 2 tsp nut butter	1 Buttermilk Orange Muffin (leftovers, p. 72), thawed and toasted	½ cup cottage cheese 	1 apple	1 grapefruit
<b>Creamy Spinach Penne:</b> Combine 2 oz penne, cooked, 1 cup spinach and ½ cup each cottage cheese and marinara sauce  	<b>Chickpea, Orange &amp; Spinach Salad:</b> Combine 3 cups spinach, ½ cup chickpeas, ½ orange, sliced, ¼ cup each chopped mushrooms and carrot and 2 tbsp chopped onion; dress with 1 tbsp vinegar mixed with 1 tsp each lemon juice and EVOO Remaining orange	California Salmon Patties with Spinach & Creamy Tomato Vinaigrette (see recipe, p. 63)  	<b>Nutty Banana Smoothie:</b> Blend ¾ cup milk, ¼ cup Greek yogurt, ½ frozen banana (leftovers), ¼ cup protein powder and 2 tsp nut butter with ice	1 serving Chicken & Mushroom en Croute (leftovers, p. 73)  <b>California Spinach Salad</b> <b>B</b>
1 apple	½ cup cottage cheese and ½ grapefruit (leftovers)	<b>Banana Spice Yogurt:</b> Combine ½ cup Greek yogurt, ½ banana, sliced, and ⅓ tsp cinnamon (freeze remaining ½ banana)	½ oz walnut halves	1 carrot, sliced, with 2 tbsp hummus 
Season 4 oz salmon with pinch each salt and black pepper; bake  1 cup sliced mushrooms, sautéed in 1 tsp EVOO; season with pinch each garlic powder, salt and black pepper	Skillet-Seared Beef Tenderloin with Blue Cheese Butter (see recipe, p. 40)  	<b>ACT Sandwich:</b> Arrange ½ avocado, sliced, ½ oz goat cheese and 1 tomato slice between 2 slices bread, toasted  <b>Chickpea Salad</b> <b>A</b>	1 serving Chicken & Mushroom en Croute (see recipe, p. 73; save leftovers)  	<b>Mustard Onion Pork Chop:</b> Combine 1 tsp mustard and pinch each dried onion and black pepper; spread over 4-oz pork chop; broil  1 serving each Kale Chips and Sweet Potato Chips (leftovers, p. 73), ½ tsp mustard
<b>CALORIES:</b> 1,492, <b>FAT:</b> 62 g, <b>SAT. FAT:</b> 16 g, <b>CARBS:</b> 181 g, <b>FIBER:</b> 28 g, <b>SUGARS:</b> 64 g, <b>PROTEIN:</b> 61 g, <b>SODIUM:</b> 2,090 mg, <b>CHOLESTEROL:</b> 298 mg	<b>CALORIES:</b> 1,341, <b>FAT:</b> 51 g, <b>SAT. FAT:</b> 20 g, <b>CARBS:</b> 129 g, <b>FIBER:</b> 20 g, <b>SUGARS:</b> 63 g, <b>PROTEIN:</b> 95.5 g, <b>SODIUM:</b> 1,384 mg, <b>CHOLESTEROL:</b> 189 mg	<b>CALORIES:</b> 1,370, <b>FAT:</b> 48 g, <b>SAT. FAT:</b> 19 g, <b>CARBS:</b> 177 g, <b>FIBER:</b> 32 g, <b>SUGARS:</b> 57 g, <b>PROTEIN:</b> 76 g, <b>SODIUM:</b> 1,641 mg, <b>CHOLESTEROL:</b> 205 mg	<b>CALORIES:</b> 1,340, <b>FAT:</b> 62 g, <b>SAT. FAT:</b> 25 g, <b>CARBS:</b> 117 g, <b>FIBER:</b> 21.5 g, <b>SUGARS:</b> 48 g, <b>PROTEIN:</b> 86.5 g, <b>SODIUM:</b> 1,516 mg, <b>CHOLESTEROL:</b> 159 mg	<b>CALORIES:</b> 1,609, <b>FAT:</b> 64 g, <b>SAT. FAT:</b> 23 g, <b>CARBS:</b> 170 g, <b>FIBER:</b> 37.5 g, <b>SUGARS:</b> 55 g, <b>PROTEIN:</b> 98.5 g, <b>SODIUM:</b> 2,548 mg, <b>CHOLESTEROL:</b> 160 mg

**Chickpea Salad:**  
Combine ½ cup chickpeas, ¼ cup each chopped carrot, tomato and spinach, 2 tbsp each chopped onion and parsley and 1 tbsp chopped olives; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and pinch each garlic powder and black pepper

**California Spinach Salad:**  
Combine 2 cups spinach, ¼ cup chickpeas, 2 tbsp each chopped carrot, onion and parsley and 2 tbsp chopped avocado; dress with 1½ tbsp vinegar mixed with pinch each salt and black pepper



## RECIPES: WEEK 1



### Steak with Marinated Mushroom & Asparagus Medley

**SERVES** 4.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 35 MINUTES.

#### INGREDIENTS:

- 1 lb asparagus, trimmed and cut into 1½-inch pieces
- 3 tbsp plus 2 tsp extra-virgin olive oil, divided
- ¾ lb assorted mushrooms, sliced
- 2 tbsp balsamic vinegar
- 2 tsp reduced-sodium soy sauce
- 1 tsp lemon zest, plus 3 tbsp fresh lemon juice
- 5 cloves garlic, thinly sliced
- ¼ cup sliced Kalamata olives
- ½ cup plus 1 tbsp fresh thyme leaves, divided
- 1¼ tsp ground black pepper, divided
- 2 lb top sirloin steak (¾-inch-thick), trimmed
- 1½ tsp garlic powder
- ½ tsp coarse sea salt
- 2 tbsp shredded Parmesan cheese

#### INSTRUCTIONS:

**ONE:** Position oven rack 2 to 3 inches below heat element. Preheat oven to broil on high.

**TWO:** Bring a medium pot of water to a boil. Add asparagus and

cook for 3 minutes. Meanwhile, fill a large bowl with ice and water. Drain asparagus and immediately plunge asparagus into ice water; set aside to cool.

**THREE:** In a large heavy skillet, heat 2 tsp oil on medium. Add mushrooms, stirring occasionally, until softened, about 5 minutes. Set aside.

**FOUR:** Prepare dressing: In a small bowl, whisk 3 tbsp oil, vinegar, soy sauce, lemon zest and juice. Set aside 2 tbsp dressing for use in the Meal Plan; refrigerate.

**FIVE:** Drain ice water from bowl with asparagus. Using same bowl, combine asparagus, cooked mushrooms, garlic and olives. Add remaining dressing, ½ cup thyme and ½ tsp pepper; toss to coat. Cover bowl and transfer to refrigerator to marinate.

**SIX:** Meanwhile, line a baking sheet with foil and top with a metal rack. Place steak on rack. In a small bowl, combine garlic powder, remaining ¾ tsp pepper and salt; rub over top of steak. Broil steak for about 10 minutes. When 3 minutes remain, flip steak over and sprinkle remaining 1 tbsp thyme over top.

**SEVEN:** To serve, cut steak into 4-oz portions and place on serving plates. Divide marinated vegetables among plates. Sprinkle cheese over vegetables.

**TIP:** If following our Meal Plan, refrigerate 2 4-oz servings of steak, 1½ cups vegetable medley and 2 tbsp marinade. Freeze 1 4-oz serving steak and 1¼ cups vegetable medley.

#### NUTRIENTS PER SERVING

(4 OZ STEAK AND ¾ CUP VEGETABLES):

**CALORIES:** 417, **TOTAL FAT:** 20 g,

**SAT. FAT:** 5 g, **MONOUNSATURATED FAT:**

12 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:**

13 g, **FIBER:** 4 g, **SUGARS:** 4 g, **PROTEIN:** 47 g,

**SODIUM:** 522 mg, **CHOLESTEROL:** 109 mg

### Buttermilk Orange Muffins

WITH SPICED WALNUT TOPPING

**MAKES** 12.

**HANDS-ON TIME:** 15 MINUTES.

**TOTAL TIME:** 30 MINUTES.

#### INGREDIENTS:

- 1 cup barley flour
- ¾ cup whole-wheat pastry flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp coarse sea salt
- 1¼ tsp ground nutmeg, divided
- ¾ tsp plus ½ tsp ground cinnamon, divided
- ¼ cup plus 1 tbsp chopped walnuts, divided
- 2 large eggs
- 1¼ cups whole buttermilk
- 3 tbsp plus 1 tsp Sucanat, divided
- 2 tbsp orange zest, plus ¼ cup fresh orange juice with pulp
- 1 tbsp safflower oil
- 1 tsp pure vanilla extract

#### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. In a large bowl, combine

flours, baking powder, baking soda, salt, 1 tsp nutmeg, ¾ tsp cinnamon and ¼ cup walnuts. In a medium bowl, whisk eggs; stir in buttermilk, 3 tbsp Sucanat, orange zest and juice, oil and vanilla. Add egg mixture to flour mixture; mix until just combined.

**TWO:** Prepare topping: In a small bowl, combine remaining 1 tsp Sucanat, ¼ tsp nutmeg, ½ tsp cinnamon and 1 tbsp walnuts.

**THREE:** Line a 12-count muffin tin with paper liners. Fill each liner three-quarters of the way full with batter. Sprinkle topping over batter. Bake for 15 minutes, until a toothpick inserted into centers comes out clean. Let muffins cool in pan for 10 minutes before transferring to a wire rack to cool completely.

**TIP:** If following our Meal Plan, store 2 muffins in a resealable bag. Freeze 4 muffins and defrost when called for.

#### NUTRIENTS PER SERVING

(1 MUFFIN):

**CALORIES:** 148, **TOTAL FAT:** 5 g,

**SAT. FAT:** 1 g, **MONOUNSATURATED**

**FAT:** 1 g, **POLYUNSATURATED**

**FAT:** 3 g, **CARBS:** 21 g, **FIBER:** 3 g,

**SUGARS:** 5 g, **PROTEIN:** 4.5 g,

**SODIUM:** 172 mg, **CHOLESTEROL:** 34 mg





## RECIPES: WEEK 2



### Fish & Chips

**SERVES 4.**  
**HANDS-ON TIME:** 40 MINUTES.  
**TOTAL TIME:** 50 MINUTES.

#### INGREDIENTS:

- 6 cups loosely packed kale leaves (about 1 bunch, stemmed)
- ¼ cup extra-virgin olive oil, divided
- 2¼ tsp garlic powder, divided
- 1 tbsp plus 2½ tsp dried minced onion, divided
- ¼ to ½ tsp red pepper flakes, or to taste
- ¼ tsp sea salt
- 2 lb sweet potatoes, very thinly sliced
- ¼ cup plus 3 tbsp chopped fresh flat-leaf parsley leaves
- 1 tsp ground black pepper
- 2 slices whole-wheat bread, crusts removed, torn into pieces
- 2 cloves garlic, divided
- 2 tsp Old Bay 30% Less Sodium Seasoning
- 1 tsp coconut oil
- 4 6-oz boneless, skinless cod fillets
- ½ cup plain Greek yogurt
- 1½ tsp horseradish
- ½ tsp fresh lemon juice

#### INSTRUCTIONS:

**ONE:** Arrange racks in top, bottom and center of oven; preheat to 350°F. In a large bowl, toss kale with 1 tbsp plus 2 tsp olive oil, ¾ tsp garlic powder, ½ tsp dried onion, pepper flakes and salt. Rub oil and spices into kale. On a large rimmed baking sheet, arrange kale in a single layer. Use a second baking sheet if needed. Bake on center rack for 20 to 25 minutes, turning halfway.

**TWO:** Meanwhile, working in batches in same large bowl, toss potatoes with remaining 2 tsp plus 1 tsp olive oil, 3 tbsp parsley, 1 tbsp dried onion, remaining 1½ tsp garlic powder and black pepper. Place metal racks on 2 large baking sheets; top with with parchment. Spread potatoes in an even layer on racks. Once kale chips are done, increase temperature to 375°F and bake potatoes for 40 minutes on top and bottom racks, turning potatoes and switching rack positions halfway through.

**THREE:** In a mini food processor, place bread pieces, remaining ¼ cup parsley, 1 clove garlic, Old Bay seasoning and remaining 2 tsp dried onion. Process until fine crumbs form. In a small nonstick skillet on medium, heat coconut oil. Sauté crumbs for 2 to 3 minutes, or until browned. Remove skillet from heat.

**FOUR:** Press cod fillets into crumbs in skillet, turning to coat all sides. Place a metal rack on a baking sheet; top with parchment. Place cod on rack and bake on center rack of oven (at same time as potatoes) until fish flakes easily with a fork, about 15 minutes, turning halfway.

**FIVE:** Crush remaining garlic clove and add to a small bowl. Mix in yogurt, horseradish and lemon juice. Serve cod with yogurt sauce, potato and kale chips.

**TIP:** If following our Meal Plan, save 1 serving cod and 2 servings each Sweet Potato Chips and Kale Chips as leftovers.

**NUTRIENTS PER SERVING**  
(1 COD FILLET, 2 TBSP SAUCE,  
1 CUP SWEET POTATO CHIPS,  
½ CUP KALE CHIPS):

**CALORIES:** 524, **TOTAL FAT:** 20 g,  
**SAT. FAT:** 6 g, **MONOUNSATURATED**  
**FAT:** 12 g, **POLYUNSATURATED FAT:** 2 g,  
**CARBS:** 50 g, **FIBER:** 10 g, **SUGARS:** 11 g,  
**PROTEIN:** 37 g, **SODIUM:** 584 mg,  
**CHOLESTEROL:** 70 mg

### Chicken & Mushroom en Croute

**SERVES 4.**  
**HANDS-ON TIME:** 45 MINUTES.  
**TOTAL TIME:** 1 HOUR, 10 MINUTES.

#### INGREDIENTS:

- ½ cup whole-wheat pastry flour, plus additional for dusting
- 5 tbsp oat flour
- ½ tsp plus ¼ tsp sea salt
- ¼ cup cold coconut oil
- 1 tsp extra-virgin olive oil
- ½ lb cremini mushrooms, diced
- ½ cup diced onion
- ¼ tsp ground black pepper
- 2 oz goat cheese
- 2 tsp chopped fresh flat-leaf parsley leaves
- 2 tsp chopped fresh mint leaves
- Olive oil cooking spray
- 4 5-oz boneless, skinless chicken breasts

#### INSTRUCTIONS:

**ONE:** Into a large bowl, sift flours and ½ tsp salt. Using a fork, cut in coconut oil until mixture is crumbly and has the texture of wet sand. Add 3 to 4 tbsp ice-cold water, 1 tbsp at a time, mixing until a soft dough forms. Form dough into a ball and flatten into a disc. Wrap disc in plastic wrap and refrigerate for 20 minutes.

**TWO:** In a medium skillet on medium, heat olive oil. Sauté

mushrooms until soft, 2 to 3 minutes. Add onion and pepper; sauté 4 to 5 minutes more. Stir in remaining ¼ tsp salt. Remove skillet from heat; set aside.

**THREE:** In a small bowl, combine goat cheese, parsley and mint.

**FOUR:** Preheat oven to 425°F. Place a 17 x 15-inch sheet of parchment paper on a work surface and dust lightly with flour. Unwrap chilled pastry and knead the dough 3 to 4 times until it becomes pliable and holds together. Roll out dough on paper into a 10 x 12-inch rectangle that is ⅛ inch thick. Cut dough into 4 sections, approximately 4 x 6 inches each.

**FIVE:** Mist a baking sheet with cooking spray. Place chicken on baking sheet and top each with ¼ cup mushroom mixture. Top with cheese mixture, dividing evenly. Drape pastry sections over each chicken breast, but don't tuck under. **(TIP:** Do not enclose chicken completely in pastry, as that would cause chicken to become soggy.) Bake for 20 to 25 minutes, until chicken reaches 165°F.

**TIP:** If following our Meal Plan, save 1 chicken bundle as leftovers and reheat when called for.

**NUTRIENTS PER SERVING**  
(1 CHICKEN BUNDLE):

**CALORIES:** 424, **TOTAL FAT:** 22 g,  
**SAT. FAT:** 15 g, **MONOUNSATURATED**  
**FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g,  
**CARBS:** 21 g, **FIBER:** 3.5 g, **SUGARS:** 2 g,  
**PROTEIN:** 35 g, **SODIUM:** 438 mg,  
**CHOLESTEROL:** 85 mg





# MOUNTAIN HIGH

**BOULDER KNOWS NO  
BOUNDARIES FOR GREAT  
FOOD, INNOVATION AND  
QUALITY LIVING.** BY PETER AGOSTINELLI





A stunning sunset spread shot on chef Eric Skokan's farm from his cookbook, *Farm Fork Food*



**E**ric Skokan is a lot like many other chefs. He runs two thriving restaurants, spends hours every day poring over ingredients and dish ideas, and plans ever-changing menus around the seasons of his home base of Boulder, Colorado.

And that's only a portion of the chef's schedule. Skokan balances family life with his wife, Jill, and their four children. Last year he also finished writing a cookbook about his culinary approach to the four seasons of Front Range-area cuisine. Based on nearly 20 years of cooking in Colorado, *Farm Fork Food* (Kyle Books, 2014) highlights the food served at Skokan's noted Black Cat Bistro in Boulder and its popular next-door neighbor,

Bramble & Hare, a late-night hot spot billed as a farmhouse kitchen and pub.

But that's not all. Somehow, the chef is a full-time farmer as well. On a 130-acre property just outside Boulder, the Skokans and their farm team cultivate heirloom vegetables and fruits and raise a variety of pigs, sheep, chickens, turkeys and ducks. (While some of the fields are already certified organic, Skokan is in the process of transitioning more of the Farm's fields to certification.) Black Cat Farm supplies produce and meats to the two restaurants along with a retail farm stand the Skokans operate at the weekly Boulder Farmers' Market.

From the outside it may sound like a flurry of busyness. In reality, it might be a perfect example of the



LEAD PHOTO: DOWNTOWN BOULDER (DB IOR.G); INSET PHOTO: BOULDER (BWB) AND CONTOULOS





With weekend visitors reaching as many as 5,000, the Boulder Farmers' Market is where innovative disrupters come to thrive.

creative drive behind this city just north of Denver.

“The thing in Boulder that separates it from other communities is entrepreneurial ethos,” Skokan says. “Entrepreneurs from around the country are moving here to open businesses and try things out, and the community here is becoming more and more embracing of innovation, especially in the food industry.”

Much of the natural foods industry has also emerged in Boulder in recent decades, Skokan adds. Many brands, such as Celestial Seasonings, Earthbound Farm Organic and Horizon, have their roots in Boulder. Those and other growing companies such as Udi's (gluten-free breads) and Justin's (nut butters) have evolved into

national brands with broad reach.

The Boulder Farmers' Market has been instrumental in this development, Skokan says. “You have this mix now of different factors, and it's kind of taking on a life of its own,” he adds. “You have entrepreneurs coming in from around the country. You have the farmers' market, which is a great platform to allow people to taste a new product... three, four or five thousand people a weekend. We're at the point now where we're wondering, ‘What is the next cool thing?’ which is a great place to be in.”

## BREAKTHROUGHS AND TRANSFORMATIONS

It's all part of what gives Boulder, with its tidy population of 100,000, a big-city vibe. A college town and small

city like no other, Boulder enjoys a combination of natural resources and a track record for innovation that few places can match.

Successful athletes, business owners, scientists and scholars are drawn by its eclectic mix of community resources, economic investments, environmental preservation and like minds. The city sits at nearly 5,500 feet of elevation in the foothills of the Rocky Mountains along the Flatirons, a postcard-worthy range of sedimentary rock reaching up from the foothills easily visible when driving north from Denver and nearby towns such as Lafayette, Longmont and Louisville. They also signal the much higher Rockies, home to the region's famous resort towns as well as some of North America's most dramatic snowcapped peaks and valleys.

Boulder also enjoys a natural ring of insulation against creeping development from surrounding towns. In the 1960s, its citizens voted for a sales tax to pave the way for the acquisition of open lands around the city. Today that land provides a natural buffer of farms, wildlife and miles of trails.

While newcomers and travelers have grown smitten with the Rockies and other regional wonders, many have looked no further than the city of Boulder itself for reasons to move







## “IT’S A TOWN THAT SO APPRECIATES GOOD FOOD, GOOD QUALITY AND GOOD QUALITY OF LIFE.”

there. Entrepreneurs draw inspiration, intellectual riches and capital from Boulder’s technology and creative communities. The area’s heritage of earth and atmospheric sciences are internationally known. Cyclists, runners and other athletes flock to the local sports community and infrastructure.

Even more successful professionals are simply attracted to the area for its high quality of life and progressive policies. Residents and tourists alike enjoy 300 days of sunshine during a typical year in Boulder, says Kim Farin, director of communications for the Boulder Convention and Visitors Bureau. A wealth of sunlight may seem at odds with a region known for snow-covered mountains, but it’s a boon for locals and vacationers.

Boulder’s abundance is also immediately clear in the depth and accessibility of compelling foods, craft beer, fine wines and coffee bars. On the eastern edge of the Pearl Street main drag, Frasca Food and Wine is a fine-dining destination with a specific focus on foods and wines of the northeastern Italian region of Friuli-Venezia Giulia. The restaurant is co-owned by a master sommelier who presides over a nearly unheard-of wine list that would stand out in the world’s largest cities.

Frasca’s most public face, Master Sommelier Bobby Stuckey, is an internationally recognized wine expert who also happens to be an avid cyclist who was drawn to Boulder’s intense cycling scene. Executive chef and co-owner Lachlan Mackinnon-Patterson

earned the James Beard Foundation’s Best Chef honor in the Southwest.

Frasca’s sister restaurant, Pizzeria Locale, benefits from local interest in high-quality foods. The Neapolitan pizzeria generated enough buzz to spark a partnership with the Denver-based Chipotle Mexican Grill food chain, and two new fast-casual pizza locations modeled after the original opened in Denver in winter 2013 and fall 2014.

Boulder is also home to The Kitchen, a seasonally driven bistro with a focus on local, fresh foods. The Kitchen is literally side-by-side with its casual sibling, The Kitchen Next Door, a laid-back spot that feels like a spiffed-up neighborhood pub. Diners there can order everything from simple salads packed with locally grown vegetables to perfect burgers of pastured beef sourced from area farms. Before that food arrives, one can enjoy small plates with flights of world class sour ales and other







craft beers from renowned Boulder breweries such as Avery and Upslope or from New Belgium and Odell in nearby Fort Collins.

“Great food – innovative food – is being driven down... and instead of being just for the well-heeled, the innovation and the craft and the technique are all getting pushed down to more accessible levels,” Skokan says. “So instead of having really great food only on your birthday, now you can have it on a Thursday. It’s like an everyday thing, which I think is pretty amazing.”

It’s part of the scene that supports Will Frischkorn, a retired professional cyclist and lifelong food enthusiast, and his wife, Coral. Together they’re proprietors of Cured, a specialty cheese and cured-meats shop on the busy Pearl Street stretch near the downtown pedestrian mall.

Cured shares space with a specialty espresso bar and coffee roaster and also incorporates a friendly wine shop. The collective is another example of the surprisingly cosmopolitan community that manages to mix artisanal products with an approachable, laid-back mountain spirit.

“It’s a wonderful place to live,” says Frischkorn, an animated West Virginia native who moved to Boulder at age 18 for his cycling career. “When we decided to start Cured, I think we quickly entertained the idea of whether we should look at other places. Are there other communities that might be a better fit for what we want to create? And pretty quickly we realized, no way. Boulder’s more where we want to be.”

“It’s a town that so appreciates good food, good quality and good quality of life,” he adds. “And we were fortunate enough to stick to what we knew, where we’re from and what we loved, and start the business there.”

And that’s squarely in keeping with the ways in which Boulder has distinguished itself over the past 20 years – by drawing great people with a high standard of living, Skokan says.

“They’re smart, intelligent, hardworking professionals, and they’ve decided along the way that quality of life is number one on their list,” the chef says. “They’re successful enough that they can do what they do wherever, and they’ve chosen here because the quality of life is so high. People are here to enjoy life.”

## Dining & Drink Destinations

Boulder is stocked with foodie spots loved by locals and visitors alike for seasonal and locally sourced food, wine, kombucha and craft beer.

### Cured

Stop by this small but well-appointed shop owned and operated by husband-wife team Will and Coral Frischkorn. Artisanal cheeses, cured meats, wines and specialty goods are just a few of the delights, not to mention options for meals to go. Cured shares space with a coffee and espresso bar operated by Boxcar Coffee Roasters, a Boulder source for specialty coffee that’s roasted in small batches in Denver. [curedboulder.com](http://curedboulder.com)

### Shine

For a slightly unconventional meal, house-brewed craft beer or special “magical potions,” look to the Shine sisters for a truly Boulder experience. Shine spotlights local producers with an eclectic menu of clean eats for brunch, lunch, dinner and late-night bites. Triplets Jill, Jessica and Jennifer Emich are co-owners of the restaurant and community gathering space that also hosts live performances, an array of workshops and other events. [shineboulder.com](http://shineboulder.com)

### Black Cat Bistro and Bramble & Hare

Both spots are chef Eric Skokan’s restaurants, and each is worth a visit. Settle in at Black Cat Bistro for a fine-dining experience that features organic produce and meats from Black Cat Farm. Bramble & Hare is the bistro’s relaxed next-door sibling that serves equally delicious seasonal fare but with a more casual twist. [blackcatboulder.com](http://blackcatboulder.com), [brambleandhare.com](http://brambleandhare.com)

### The Kitchen Next Door

This friendly downtown eatery is a modern interpretation of the gastropub, with starters such as kale chips and hummus with flatbread as well as hearty salads and burgers plus vegetarian and gluten-free dishes. Daily “community hour” specials include lighter fare to snack on while sampling local craft beer and house wines. [thekitchen.com/nextdoor-boulder](http://thekitchen.com/nextdoor-boulder)



# Warm Salt-Baked Beet Salad

WITH POPPED RICE & CANDIED GRAPEFRUIT ZEST

SERVES 4.

Chef Eric Skokan plays with the elements of a classic beet salad by incorporating grapefruit – including grapefruit juice, segments and candied zest – as well as avocado and toasted almonds.

## INGREDIENTS:

- 3 large beets plus 1 cup beet leaves (chopped if leaves are large), divided
- 3 to 4 cups coarse sea or kosher sea salt
- 3 tbsp basic vinaigrette (see recipe, at right), divided
- 1 red grapefruit
- 2 tbsp raw honey
- 1 tbsp sunflower oil, plus additional for greasing pan
- ¼ cup wild rice
- 1 large onion, sliced into rings
- Fine sea salt, to taste
- 1 avocado, peeled, pitted and cut into chunks
- ¼ cup chopped toasted unsalted almonds

## INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. Place beets in a heavy roasting pan and cover with coarse sea salt. Roast for about 45 minutes. (**NOTE:** During baking, salt will form a crust around beets. To test for doneness, break a small piece of the crust away then insert a knife to see if it pierces beet easily.) Remove salt from beets.

**TWO:** Transfer beets to a colander and rinse under cool water. Peel and rinse lightly again. Cut into wedges, place in a bowl and dress with 2 tbsp vinaigrette.

**THREE:** Using a peeler, remove a piece of zest from grapefruit then julienne to yield 1 tbsp. Over a bowl to catch juices, peel and segment grapefruit. Measure 2 tbsp juice; reserve grapefruit segments.

**FOUR:** Prepare candied zest: In a small saucepan on high, combine zest with enough water to cover. Bring to a boil for 1 minute. Discard water; return zest to pan with fresh water. Repeat process until zest is no longer bitter (about four times). After draining the final time, combine zest with honey and grapefruit juice in saucepan and boil on medium-high until reduced by half. Set aside.

**FIVE:** In a medium saucepan on high, heat 1 tbsp oil until shimmering. Add rice and cook, stirring constantly, until it pops, 2 to 3 minutes. Transfer to paper towels.

**SIX:** In a lightly greased grill pan on high, grill onion rings until lightly charred on both sides. Transfer to a medium bowl. Add remaining 1 tbsp vinaigrette, beet leaves and fine salt, and toss.

**SEVEN:** Divide beet leaves mixture among serving plates. Top with roasted beets, grapefruit segments, avocado, almonds, candied zest and popped rice.

## NUTRIENTS PER SERVING (¼ OF RECIPE):

CALORIES: 367, TOTAL FAT: 24 g, SAT. FAT: 3 g, MONOUNSATURATED FAT: 12 g, POLYUNSATURATED FAT: 8 g, CARBS: 38 g, FIBER: 8 g, SUGARS: 16 g, PROTEIN: 6 g, SODIUM: 337 mg, CHOLESTEROL: 0 mg

## Basic Vinaigrette

MAKES ABOUT 1 CUP.

## INGREDIENTS:

- ½ clove garlic, crushed
- 1 cup sunflower oil
- 2 tbsp red wine vinegar
- 1 tsp sea salt

## INSTRUCTIONS:

In a container with a tight-fitting lid, combine all ingredients. Seal container and shake vigorously. Immediately pour out desired amount of vinaigrette. Re-shake to combine between uses if it stands longer than 15 seconds. Store in the refrigerator for up to 5 days.



Chef and author Eric Skokan balances family life with his wife, Jill, and their four children. His cookbook, *Farm Fork Food* (Kyle Books, 2014), highlights his culinary approach to the four seasons of Front Range-area cuisine. 🌱

Make your beet salad sing with sweet-tart candied grapefruit zest.





# Hail the Skillet!

Tackle all your daily cooking tasks with one of these hardworking skillets.

BY ANDREA GOURGY

The humble skillet may not have the glitz of a shiny new knife or the glamor of that super-powered blender on your countertop, but a high-quality skillet is one of those tools in your arsenal that will truly affect the taste and texture of your food.

Also known as a fry pan, a skillet has curved sides, unlike a sauté pan, which has straight, vertical sides. While skillets have less surface area than sauté pans due to their sloped sides, their design makes it easier to reach food, flip it and move it around.

Skillets are incredibly versatile, which means you'll likely be using it every single day – so you'll want to take care in choosing the right one by considering factors such as material, size and weight.

## CAST IRON

Cast iron is the gold standard for skillets – they're budget friendly, oven safe and the material holds high temperatures consistently, making it a dream for getting that perfect sear. The downside is that they're heavy and need to be seasoned periodically to maintain their nonstick surface. They can also react with acidic foods such as vinegar, citrus or wine if the

pan isn't perfectly seasoned, imparting a metallic taste. Cast iron with an enamel finish is another option that offers some of the same benefits of traditional cast iron, but since food only touches the finish, it won't react with acidic foods, and there is no need to season.

## STAINLESS STEEL & NONSTICK

Stainless steel skillets are lighter than cast iron, and there is no need to season them. Stainless steel has the advantage of being nonreactive, which means it won't react with acidic foods. Nonstick is another lightweight option, but it's important to look for surfaces that are free of PFOA and PTFE, chemicals that have caused some health concern.

While the material of your skillet is important, it's not the only consideration. Choose a size that's large enough for your needs, as packing too much food into your skillet will cause it to steam instead of sauté. If moving your skillet from stove top to oven is important to you, you'll want to make sure it's oven safe. And lastly, your skillet's handle should be comfortable and easy enough to lift with and without the weight of the food inside.

### 1 Lodge Cast Iron 10¼-Inch Skillet

THE SEASONED CHOICE

Absolutely nothing beats the perfect browning and even sear you can achieve with a traditional cast iron skillet such as this one. The more you cook, the better it performs – we don't even mind the occasional seasoning necessary to keep its surface slick. **\$25, [lodgechef.com](http://lodgechef.com)**



### 2 Le Creuset Signature 10¼-Inch Iron Handle Skillet

THE ENAMELED

This skillet has the weight and the glorious heat-retention qualities of traditional cast iron, but it has an enamel finish over the cooking surface, so food never comes in contact with the metal. The benefits? There's no need to season it and the surface is nonreactive, so you can cook any type of food in it. **\$160, [lecreuset.com](http://lecreuset.com)**



### 3 All-Clad Stainless Steel 11-Inch French Skillet with Domed Lid

THE FRENCH

Made with three layers of construction including an aluminum core for added heat conductivity, this French-style skillet has higher sides and a larger cooking surface than most skillets. Its handle is comfortable for lifting, and it comes with a curved lid. **\$165, [all-clad.com](http://all-clad.com) for where to buy**




### 4 EarthPan Hard Anodized Nonstick Skillet

THE NEVER-GONNA-STICK

For a lightweight pan with extreme nonstick ability, this 12-inch skillet hits the mark – you can cook with it at high temperatures (up to 600°F on the stove top) without worrying about harmful fumes. **\$40, [wayfair.com](http://wayfair.com)**



## What's all this talk about seasoning?

Only traditional cast iron pans – without an enamel finish – need to be seasoned. A seasoned pan means that oil has been heated into the iron itself, creating a nonstick finish. To season your pan, apply a thin coating of oil, then place upside down on the top rack of a 350 to 400°F oven, with a piece of foil on the bottom rack, for about an hour. Turn off oven and leave in the oven to cool. According to Lodge, cookware is sterile at 212°F and reaches 400°F in 4 minutes on medium heat, so soap isn't always necessary. But if you prefer to use soap, use a mild one with warm water then dry and oil right away. The beauty of a cast iron pan is that the seasoning builds up over time, so the more you cook with it, the better the coating is. Flavors build up over time too, so that smoky flavor from the bacon you cooked yesterday will be imparted into the eggs you cook today. 



# Bone Broth

Discover a new old trend.

## What do bones, water and apple cider vinegar (ACV) have to do with each other?

At first glance, not much, but when we place them in a stockpot and heat for up to 48 hours (chicken bones can be heated for up to 24 hours and beef bones up to 48), they produce gelatin, a food greatly prized for its gut-healing capabilities. Gelatin is produced during the process of simmering the bones and is nothing more than denatured collagen. When we consume gelatin, it improves absorption of nutrients and protects and restores the mucosal lining of the digestive tract, both healing and safeguarding against further damage.

On any given day of the week, I'll make bone broth soup, usually when I am busy writing, as I am now. I will take my grass-fed bones from my local butcher and place them in a large stockpot. While these bones are plentiful, one or two won't do. You want to have at least five good-size bones in the pot for the most flavor. Cover with water and set on the stove.

While the contents come to a boil, I am busily adding other ingredients necessary to build the flavorful layers of this nutritious broth. These include carrots, vegetables and vegetable pieces I have been saving that didn't make it to dinner (like broccoli stalks and kale ribs). I add four robust cooking onions but don't remove the skin. The onion skin yields an intense golden color, which I like in my broth. I pop the roughly chopped onions into the pot and then add whole carrots, parsnips and even a whole clove of garlic. Again, I don't peel it. To that lovely brew I add several bay leaves, a handful of peppercorns, sea salt and a bunch of fresh dill and/or parsley. Often, I'll simply use the fresh herbs I have on hand.

Once the pot has come to a rolling boil, I throw in ACV and reduce the heat. Now is the time when all the goodness from the bones is extracted – the combination of heat and ACV will do that, pulling out precious minerals and protein. I let the stock simmer for at least five hours, and I return to my writing in the meantime. When the mixture has simmered for long enough, strain it through a fine mesh sieve and let it cool before putting it in the fridge.

The next day, your broth will no longer be liquid but gelatin – proof that your stock is loaded with protein and minerals. My Dutch mother, who taught me the value of bone broth soup, claims that any broth worth its salt is one that can stand up on its own. I've never made a broth that didn't accomplish that solid task after a good night chilling.

I feel accomplished when I have created a pot full of bone broth because I know that from this I will be able to build other nutritious meals, made better by the presence of readily digestible proteins and minerals pulled from grass-fed bones. I also know I am doing my health a huge favor. Try my recipe today.



## TOSCA'S BONE BROTH

*This bone broth, also known as beef stock, is full of nutrients and makes a great base for healthy soups. It can be used anywhere you'd use beef broth.*

### INGREDIENTS:

- 4 to 5 lb grass-fed, hormone- and antibiotic-free beef bones
- 2 to 3 onions, whole or coarsely chopped, skins on
- 2 to 3 carrots, whole or coarsely chopped
- 2 to 3 celery stalks, whole or coarsely chopped
- 1 garlic clove, unpeeled
- Fresh or dried herbs (such as parsley, thyme and oregano), as desired
- Several bay leaves
- 2 tsp each sea salt and whole black peppercorns
- 3 to 4 tbsp raw apple cider vinegar

### INSTRUCTIONS:

**ONE:** To a large stockpot, add bones and fill with cold water, covering bones by about 1 inch. Bring to a boil.

**TWO:** Meanwhile, add onions, carrots, celery, garlic, herbs, bay leaves, salt and peppercorns. Once boiling, add vinegar.

**THREE:** Reduce heat and simmer for at least 5 hours or up to 48 hours, partially covered, adding additional water if needed. The longer you simmer, the more nutrients and flavor you'll extract from the bones. After simmering for longer periods of time, the marrow should have all come out of the bones (leaving them hollow). If any marrow remains, use a spoon to remove it so that it doesn't go to waste. You can eat it off the spoon, or even try spreading it on toast. 🍴

When **nutritional therapy practitioner Tosca Reno** was raising five children under one roof she still managed to write numerous books. Her *New York Times* best seller is *Your Best Body Now* (Harlequin, 2010), and *Tosca Reno's Eat Clean Cookbook* (Robert Kennedy Publishing, 2009) was nominated for the prestigious Gourmand World Cookbook Award. Order copies of her books at [toscareno.com](http://toscareno.com).





#### BAKER'S TOOL BOX ▶

A gift that's well-suited to newbie bakers, the Joseph Joseph Baking Gift Set includes a pastry brush, kitchen timer, adjustable rolling pin and spatula. **\$45, givesimple.com**



# Cool CULINARY TOOLS

Rejuvenate your cooking space with these handy new tools for food, drink and décor.

BY LAURA SCHOBER



#### WINE CHILLER ▶

In seconds, the Icecap aerates wine and chills it to 20°F, taking it from room temperature to a cool cellar temperature as you serve it. Store it in the freezer to activate its coils, then pull it out when you need it. Its use isn't just limited to wine though – it also works well with beer and spirits!

**\$35, quirky.com**



#### ▲ LET OFF SOME STEAM

The IMUSA Global Kitchen Dim Sum Set cooks up steamed vegetables, dim sum, seafood and more to perfection. As a bonus, steaming is a great way to cook certain types of vegetables because it retains more flavor and nutrients than boiling.

**\$30, imusausa.com for where to buy**



#### ◀ ONE-STEP SALAD

Thanks to its micro-serrated, stainless steel blades and wide, rounded design, the OXO Good Grips Chopped Salad Scissors make quick work of chopping and tossing lettuce, tomatoes, bell peppers and all the other salad fixings, either on a cutting board or directly in the bowl.

**\$20, oxo.com**





### ◀ SHAPED BY NATURE

Made from stones collected from the shores of New England, the Stone Sponge Holder adds a relaxed seaside vibe to your kitchen or bathroom sink. Each one is crafted by hand, so no two are the same.

**\$34, uncommongoods.com**



### ◀ 2 IN 1

Crafted of solid alder wood, this utilitarian Wood Bread Box keeps loaves fresh and has a compact lid that does double duty as a cutting board.

**\$60, crateandbarrel.com**



### ◀ FRUIT INFUSE

Up your H<sub>2</sub>O intake with naturally sweetened water you can make at home by infusing the rod of this 80-ounce Prodyne Fruit Infusion Pitcher with the fruit of your choice (we recommend lemon, orange or raspberry) and revel in its delightful fruity flavor.

**\$20, bedbathandbeyond.com**



### SPIRAL CUTTER ▶

The GEFU Spiralfix Spiral Cutter makes it easy to create zucchini "noodles" for veggie pastas, slice onions for pickling and make thick ribbons of potatoes for chips. With four different slicing widths to choose from, this spiral cutter is great for adding a creative twist to your plant-based dishes.

**\$50, surlatable.com**



## Editors' Choice ▲

### MMM... MUFFINS

Perfect for cupcakes, peanut butter cups and muffins, these nonstick silicone Casabella Muffin Cups are sure to be put to good use in your kitchen. They are dishwasher safe and oven safe up to 500°F, and can seamlessly go from freezer to oven without damage.

**\$9.50 per set of 6 (standard size), casabella.com**

### ◀ GO VINTAGE

Display your fresh fruits and veggies in this Antique Revival Vintage French Fruit Basket with Handle, which adds a rustic, European feel to your kitchen. Though it's meant to be decorative, you may be tempted to take it with you on your next trip to the farmers' market! Available in four colors.

**\$34, wayfair.com**



### ◀ BITTY BITES

Serve up bite-size hors d'oeuvres, sauces, purées or desserts on these porcelain Ceramic Tasting Spoons. It'll be hard to resist showing off your decadent culinary creations the next time friends and family visit!

**\$1.95 each, williams-sonoma.com**





THE GLUTEN-FREE ISSUE

# Next Issue

Hits newsstands April 21, 2015



**GLUTEN-FREE GOODIES:**  
Delicious lunches and dinners that wow.



## Make-Ahead Brunch:

Celebrate Mom, spoil someone in bed or host a girls' brunch with these impressive recipes you can prepare almost entirely the day before.



## DIY Herbs:

Learn how to grow your herb garden and give them a starring role on your plate.



## Supermarket Guide:

All-natural, gluten-free baking mixes and flours you can use to make everything from pizza crust and bread to brownies and muffins!

eat smart // try this... with that

# Mix 'n' Match Meals

Shake up mealtime with these exquisite meal combos.

## MENU 1 LIGHT LUNCH:

MENU 1



= 442  
Calories

Roasted Red Pepper Hummus, p. 33

California Salmon Patties with Spinach & Creamy Tomato Vinaigrette, p. 63

## MENU 2 WORLDLY DELIGHTS:

MENU 2



= 532  
Calories

Creamy Chicken Biryani, p. 40

Vegetable Socca (Chickpea Pancake) with Caramelized Onions, p. 58

## MENU 3 BRUNCH FOR 2:

MENU 3



= 344  
Calories (when  
shared between 2)

Biscuits & Sausage Gravy, p. 31

Chickpea & Kale Shakshouka, p. 65

## MENU 4 PARTY PLEASERS:

MENU 4



= 451  
Calories

Vietnamese-Style Fish Sauce Chicken Drumsticks, p. 44

Tropical Lime Coconut Bars, p. 88

SALAD: OLHA AFANASIEVA/SHUTTERSTOCK; PANCAKES: STRELKA/SHUTTERSTOCK; HERB GARDEN: MARTIAPUNTS/SHUTTERSTOCK; DOUGH: ELEANA/SHUTTERSTOCK



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# Put the Lime in the Coconut... and Shake It All Up!

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## Tropical Lime Coconut Bars

**MAKES** 16 SQUARES.

**HANDS-ON TIME:** 15 MINUTES.

**TOTAL TIME:** 30 MINUTES  
(PLUS COOLING TIME).

### INGREDIENTS:

- Olive oil cooking spray
- ½ cup coconut flour
- ½ cup brown rice flour
- 1¼ cups pure maple flakes, divided
- ¼ tsp sea salt, divided
- ¼ cup coconut oil, room temperature (**TRY:** Kelapo Extra Virgin Coconut Oil)
- 4 large eggs
- 1 tbsp finely grated lime zest plus ½ cup fresh lime juice (from about 4 limes)
- ¼ cup unsweetened shredded coconut, lightly toasted

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F. Mist an 8 x 8-inch baking pan with cooking spray and line with parchment paper. (**NOTE:** Use a length of paper long enough to partly cover the sides of the pan for easier removal. Do not skip this step; it will be tricky to get the bars out of the pan without it.)

**TWO:** In a medium bowl, combine coconut flour, rice flour, ¼ cup maple flakes and ⅛ tsp salt, stirring to remove any lumps. Using a pastry cutter (or 2 butter knives), blend in oil until mixture resembles a coarse crumb. Press evenly into prepared pan. Bake until crust is golden, 8 to 10 minutes.

**THREE:** Meanwhile, in a large bowl, combine eggs, remaining 1 cup maple flakes, lime zest and juice, shredded coconut and remaining ⅛ tsp salt. Whisk until well combined, about 30 seconds.

**FOUR:** Pour egg mixture over baked crust and return to oven to bake until set, about 10 to 12 minutes. Remove to a wire rack and cool completely. Run a thin knife around edges to loosen. Lift bars out of pan using parchment paper and transfer to a cutting board. Cut into 16 squares.

### NUTRIENTS PER SERVING (1 SQUARE):

**CALORIES:** 119, **TOTAL FAT:** 6 g, **SAT.**

**FAT:** 4.5 g, **MONOUNSATURATED**

**FAT:** 1 g, **POLYUNSATURATED**

**FAT:** 0.5 g, **CARBS:** 14 g, **FIBER:** 2 g,

**SUGARS:** 8 g, **PROTEIN:** 2.5 g,

**SODIUM:** 56 mg, **CHOLESTEROL:** 47 mg







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